Leyla Weighs In: Smart Shopping and Kitchen Habits for Better Nutrition

written by Leyla Muedin MS, RD, CDN | March 21, 2025



It’s National Nutrition Month! So nutritionist Leyla Muedin details how to spring clean your kitchen. She emphasizes the importance of organizing and cleaning your kitchen, from replacing old utensils and sharpening knives to checking expiration dates on spices and canned goods. She offers practical advice for grocery shopping, food storage, and meal prep to help listeners make healthier choices. The episode encourages listeners to streamline their kitchen environment to make nutritious cooking easier and more efficient.