









— myfitnesspal —

ALL-IN-ONE GUIDE TO
STORING
FRESH
PRODUCE



Fruits & Vegetables	Countertop	Refrigerator or Cool Storage	Tips
 Apples	Until ripe	Up to 1 month	Wash just before eating
 Apricots	Until ripe	Up to 5 days (ripe)	If refrigerating, wrap in paper towels to protect skin from tearing or bruising
 Artichokes	1-2 days	Up to 5 days	Airtight storage
 Asparagus	Not recommended	Up to 7 days if covered	Trim ends; stand bunch in 1" water & cover
 Avocados (Whole & Halved)	Whole: Until ripe Halved: Not recommended	Whole: Up to 5 days (ripe) Halved: Up to 3 days	Halved: Refrigerate with the seed, rub flesh lightly with olive oil and place in airtight container
 Bananas	Until ripe	Up to 5 days (ripe)	Peel before refrigerating and store in airtight bag/container

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 <p>Beets</p>		Up to 2-3 weeks	Trim green ends to 1" before refrigerating; wash just before using; airtight storage
 <p>Bell Peppers</p>		Green: Up to 2-3 weeks Red and Yellow: Up to 1-2 weeks	Wash just before eating; airtight storage
 <p>Berries (Blackberries, Blueberries, Strawberries, Raspberries etc...)</p>	Not recommended	Up to 7 days	Rinse thoroughly just before eating
 <p>Broccoli</p>		5-7 days	Mist unwashed heads & wrap loosely in damp paper towels until ready to use
 <p>Brussels Sprouts</p>		Up to 1 week	Wash just before eating; airtight storage
 <p>Cabbage (Green or Red/Purple)</p>		Up to 2 weeks	Wash just before eating; airtight storage

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 <p>Cabbage (Savoy)</p>		Up to 1 week	Wash just before eating; airtight storage
 <p>Carrots</p>	Not recommended	Up to 2-3 weeks	Remove leafy tops before refrigerating; airtight storage
 <p>Cauliflower</p>		Up to 1 week	Airtight storage; wash just before eating
 <p>Celery</p>	Not recommended	Up to 2 weeks	Wrap in aluminum foil before refrigerating
 <p>Cherries</p>	Until ripe	Up to 5 days	Wash just before eating
 <p>Corn</p>	1 day (in husks)	Up to 3 days	Best to enjoy right away

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 <p>Cucumbers</p>		<p>Cool Storage: Up to 1 week</p> <p>Refrigerator: 1-3 days</p>	<p>Keep cool (50°-60°F/10°-15.5° C) & well ventilated; wash just before eating</p>
 <p>Eggplant</p>		<p>Cool Storage: Up to 1 week</p> <p>Refrigerator: 1-3 days</p>	<p>Keep cool (50°-60°F/10°-15.5° C) & well ventilated; wash just before eating</p>
 <p>Garlic</p>	Up to 3 weeks	<p>Cool Storage: Up to 3 months</p> <p>Refrigerator: Not recommended</p>	<p>Keep cool (60°-65°F/15.5°-18.5°C), dark & well-ventilated</p>
 <p>Ginger</p>		Up to 2 months (whole, unpeeled)	<p>Store whole, unpeeled ginger in a resealable plastic bag (air removed) in the crisper drawer; blot cut ginger dry with a paper towel before storing the same way</p>
 <p>Grapefruit</p>	Until ripe	Up to 2 weeks; Cool Storage preferred over refrigerator	<p>Keep cool (50°-60°F/10-15.5° C) and well ventilated</p>




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 Grapes	Until ripe	Up to 7 days (ripe)	Wash just before eating
 Green Beans	Until ripe	5-7 days	Wash just before using; airtight storage
 Kale		Up to 1 week	Wash just before using; airtight storage
 Kiwi	3-5 days or until ripe	4 weeks (unripe) 3-5 days (ripe)	
 Leeks		Cool Storage: 1-3 months Refrigerator: Up to 2 weeks	Keep cool (50°-60°F/10-15.5 C), dark & well-ventilated
 Lemons		Up to 2 weeks (ripe)	

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 <p>Lettuce (Romaine, Iceberg, Green or Red Leaf)</p>		Up to 1 week	Rinse, drain, blot dry & store in airtight container prior to refrigerating
 <p>Lima Beans</p>		Up to 5 days	Airtight storage
 <p>Limes</p>	Until ripe	Up to 2 weeks (ripe)	
 <p>Mango</p>	Until ripe	2-3 days (ripe)	Needs air exposure in refrigerator
 <p>Melon (Cantaloupe & Honeydew)</p>	<p>Cantaloupe: Until ripe</p> <p>Honeydew: Until ripe</p>	<p>Cantaloupe: Up to 3 days (ripe)</p> <p>Honeydew: Up to 2 days (ripe)</p>	Store sliced melon in airtight container
 <p>Mushrooms</p>		Up to 1 week in original packaging	Clean just before using; place loose mushrooms in container, cover with plastic wrap, poke several small holes for ventilation

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 <p>Nectarines</p>	Until ripe	Up to 5 days	
 <p>Onions (Green)</p>	Up to 1 week	Up to 2 weeks (loosely covered with plastic bag)	For countertop & refrigerator, submerge roots in ¼" of water; refresh water every 1-2 days
 <p>Onions (Red, White, Yellow)</p>	<p>Whole: 2-4 weeks</p> <p>Cut: Not recommended</p>	<p>Whole: 6-8 weeks</p> <p>Cut: Up to 1 week if wrapped tightly</p>	Keep cool (50°-60°F/10-15.5°C), dark & well-ventilated; separate from potatoes
 <p>Oranges</p>	Until ripe	Up to 2 weeks	
 <p>Potatoes (Red, White, Sweet)</p>	Up to 2 weeks	<p>Cool Storage: 1-2 months</p> <p>Refrigerator: Not ideal</p>	Keep cool (50°-60°F/10-15.5°C), dark & well-ventilated
 <p>Peaches</p>	Until ripe	Up to 7 days (ripe)	If refrigerating, wrap in paper towels to protect skin from tearing or bruising

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 <p>Pears (Green & Asian)</p>	<p>Green: Until ripe</p> <p>Asian: Until ripe (fragrant; not soft)</p>	<p>Green: Up to 3 days (ripe)</p> <p>Asian: Up to 2 months</p>	<p>If refrigerating, wrap in paper towels to protect skin from tearing or bruising</p>
 <p>Peas (Fresh, in pods)</p>		<p>3-5 days</p>	<p>Shell peas just before using; airtight storage</p>
 <p>Pineapple</p>	<p>Whole: 2-3 days or until ripe</p> <p>Cut: Not recommended</p>	<p>Whole: Not recommended</p> <p>Cut: 3-4 days</p>	<p>Airtight storage for cut pineapple</p>
 <p>Plums</p>	<p>Until ripe</p>	<p>Up to 5 days (ripe)</p>	
 <p>Radishes</p>		<p>Up to 2 weeks</p>	<p>Trim tops before refrigerating; airtight storage.</p>
 <p>Rhubarb</p>		<p>Up to 1 week</p>	<p>Wrap in plastic wrap and wash just before using</p>

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 Rutabaga		Up to 3 weeks	Store in plastic bag
 Shallots		Cool Storage: Up to 1 month Refrigerator: Up to 2 weeks	
 Spinach		5-7 days	Wash just before using; airtight storage
Squash (Summer)	1-2 days	3-5 days	Wash just before using; keep in crisper drawer
 Squash (Winter or Butternut)	1-2 weeks	Up to 2 months	Keep cool & well-ventilated (50°-60°F/10-15.5°C)
 Tomatoes	Up to 1 week	Not recommended; up to 3 days if ripe	

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 <p>Turnips</p>		Up to 2 weeks	Keep cool & well-ventilated (50°-60°F/10-15.5°C)
 <p>Watermelon</p>	Until ripe	Up to 7 days (ripe)	Sliced melon requires airtight storage
 <p>Yams</p>	Up to 2 weeks	Cool Storage: 1-2 months Refrigerator: Not recommended	Keep cool (50°-60°F/10-15.5°C), dark & well-ventilated