Food for Thought [1]

Week of:
Apr 01, 2016

Milk ? Bad or good? [2]

Dear Alice,
Is milk good or bad for you?
? Cow lover
Read more [2]

Is juice as good as whole fruit? [3]

Dear Alice,
Are juicers as good as whole fruit?
? Joyful Juicer
Read more [3]

Nuts about nuts: Are some better for health than others? [4]

Dear Alice,
Are some nuts better for you than others? I like almonds and cashews.
? Nuts for nuts
Read more [4]

Chocolate ? Good or bad? [5]
Dear Alice,

Is chocolate bad for you?

Read more [5]

Avocados are fatty? Are they healthy? [6]

Alice,

What about avocados? I know they don’t contain any cholesterol, but they are high in fat so I have avoided them. Now, however, I am reading that the kind of fat they do contain may be useful in lowering cholesterol. Do you have any further information on this?

? Guacamole

Read more [6]