Filling Up on the Good Stuff [1]

Week of:
Aug 01, 2014

A bowl of oatmeal a day keeps the cholesterol at bay? [2]

Dear Alice,

I read on a box of Quaker oats that oatmeal is "like little sponges that soak up extra cholesterol" and that a person can bring his/her cholesterol down to normal or below normal by eating a daily bowl of oatmeal (without milk or butter) and cutting back on high cholesterol foods. Is this true? I don't like oatmeal and want to be certain that this diet is going to work before I force myself to have a daily dose of it. I also get daily exercise (usually walking).

? Haulin' Oats

Read more [2]

Nuts about nuts: Are some better for health than others? [3]

Dear Alice,

Are some nuts better for you than others? I like almonds and cashews.

? Nuts for nuts

Read more [3]

It's Greek (yogurt) to me! [4]

Alice,

Last week I purchased Greek yogurt from the grocery store. I have heard that Greek yogurt is healthier than regular yogurt, but don't have anything to base that off of. Is this true?

Thanks,

It's Greek to me

Read more [4]
Chocolate ? good or bad? [5]

Dear Alice,

Is chocolate bad for you?

Read more [5]

Avocados: Which variety is the healthiest? [6]

Dear Alice,

I love avocados and have heard that the different varieties have different health benefits and some are less fattening than others. Please can you tell me about different varieties and which are best.

Many thanks!

Read more [6]

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