Top Banana [1]

Week of:
Dec 26, 2014

Bananas = fat? [2]

Dear Alice,

Does banana have fat like avocados or olives? If so, what kind of fat does a banana have? Thanks.

?Banana lover

Read more [2]

Half-time snack for second half boost? [3]

Dear Alice,

My soccer coach is suggesting we eat bananas at half-time of our soccer game to rebuild our energy for the second half. I understand that bananas are a very good source of energy, among other things. I don't see any detriment to this idea, but my question is this: Does the consumption of bananas result in an immediate energy boost? I have always been led to believe that food must be digested through the system before the body realizes the benefits, and that usually takes several hours. Can you enlighten me?

Read more [3]

Breakfast ideas for thirteen-year-olds, and everyone else [4]

Dear Alice,

Can you tell me a few recipes for quick and healthy breakfasts for kids who are around 13 years?

-Student & Parent

Read more [4]

Is rest the best relief for muscle soreness from intensive training?
Dear Alice,

My husband is in an intensive training program to become a firefighter. He trains Monday ? Friday. As a consequence, he is sore everyday. I know the best remedy for sore muscles is rest? but he doesn’t get any. Is there anything else he can do?

?Concerned wife

Read more [5]

Foods plentiful in potassium [6]

Dear Alice,

What foods are rich in potassium besides bananas?

Read more [6]

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