Nutritious & Fiber-licious? [1]

Week of:
Mar 20, 2015

Benefits of eating fiber [2]

Alice,

What are the benefits of eating fiber? How can too much fiber in one's diet be dangerous?

Read more [2]


Dear Alice,

I have been searching for natural and/or dietary sources of galactosidase enzyme, the enzyme found in BEANO.

BEANO derives it from the mold, Aspergillus Niger, I understand. But, since BEANO is so expensive I was trying to find ways to get around buying it. I am convinced that there are natural sources out there that would help.

Thanks,

Patriski

Read more [3]


Dear Alice!
I know that fruits are supposed to be good for you, but also contain many carbohydrates and convert immediately to sugar. Is it worthwhile to grab a piece of fruit versus a muffin, or other bread-like carb?

Thanks so much,
Jenny

Read more [4]

A bowl of oatmeal a day keeps the cholesterol at bay? [5]

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 [5]

Is juice as good as whole fruit? [6]

Dear Alice,

Are juicers as good as whole fruit?

? Joyful Juicer

Read more [6]
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