In a Nutshell [1]

Week of:
Apr 10, 2015

Allergic to peanuts = allergic to pecans? [2]

Dear Alice,

I am allergic to peanuts. Does that mean that I am allergic to pecan nuts as well?

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]

Breakfast: The first chance to fill your tank [4]

Hi Alice,

I am 21 years old and not overly active. I was wondering what I should be eating for breakfast to improve my energy?

Read more [4]

Am I too nuts for nuts? [5]

Dear Alice,

I just checked serving sizes for different kinds of nuts, and it turns out that I eat 500 to 1,500
calories worth of nuts every day. I eat a couple of different types (almonds, peanuts, cashews) and nut butters. I've never had a problem with this; I'm on the thinner size of average and feel relatively healthy. I know nuts are healthy for you, but can they be too much of a good thing?

Read more [5]

**Peanut butter benders: Healthy?** [6]

Dear Alice,

I am a student who is a very picky and health-conscious eater and have grown tired of the food offered in the cafeteria. A good portion of my dietary consumption is in the form of natural peanut butter. I can sit and consume half of a jar in one sitting because I get so hungry and it is the only thing that really satisfies my hunger. Is this a bad thing, and if it is, how can I go about fixing it?

Read more [6]