**Fruitful Endeavors** [1]

Week of:
Nov 06, 2015

**Is wine a fruit serving?** [2]

Dear Alice,

Since wine is made of grapes, can wine (which is just fermented grape juice) be a serving of fruit? Obviously, you shouldn't get all of your fruit servings of fruit from wine, but if you have one glass of wine per day, one or two days per week, would the wine fulfill one serving of fruit for that day?

Signed,
Five a day

Read more [2]

**Fruits and veggies on a budget: How do I avoid waste?** [3]

Dear Alice,

I know how important it is to get plenty of fruits and vegetables in one's diet, but I've been finding it difficult ever since I moved out to do so. I live by myself, on a fixed income, and I can only grocery shop once a week. Whenever I buy fruits and vegetables, they end up going bad three or four days after I buy them, and I feel like I've wasted them. Do you have any advice on cheap, vitamin-rich fruits or vegetables that keep for a good long time? Thanks!

Berry Healthy

Read more [3]

**Pondering pomegranates ? Health benefits?** [4]

Dear Alice,

I understand pomegranates are very good for you; being very high in antioxidants. How do
you eat them? What about POM juice; is that just as good? How many ounces should I drink a day to be effective and yet not wasteful? Finally, pomegranate capsules bought in a health food store are much cheaper. Is a capsule a day just as effective?

Read more [4]

**Health benefits of dried vs. fresh blueberries** [5]

Dear Alice,

Do dried blueberries have the same health benefits as fresh blueberries?

Thanks,

Maria

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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