Taste the Rainbow [1]

Week of:
Jul 27, 2018

Ooh, baby, I like it raw (or, is a raw diet healthy?) [2]

Dear Alice,

I have been hearing a lot about the "raw diet," a diet in which you only eat raw vegetables, fruit and sprouts, and drink only purified water. The people who eat this way claim that they have more energy, feel better, and look better. I would like to try this diet... but I don't know if it is completely safe and healthy. What do you think?

Thanks,
Considering

Avocados are fatty? Are they healthy? [3]

Alice,

What about avocados? I know they don't contain any cholesterol, but they are high in fat so I have avoided them. Now, however, I am reading that the kind of fat they do contain may be useful in lowering cholesterol. Do you have any further information on this?

? Guacamole

Nutritional differences between canned, frozen, and fresh veggies? [4]

Dear Alice,

Is there a difference between canned / frozen / fresh vegetables in terms of nutrition?

Read more [4]
Where can I find easy vegetarian recipes? [5]

Dear Alice,

Where can I find easy vegetarian recipes?

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]
[6] https://goaskalice.columbia.edu/answered-questions/juice-good-whole-fruit-0