Peeking Into the Parts of the Nutrition Facts Label

Week of: Aug 28, 2020

Types of cholesterol

Dear Alice,

What is the difference between good and bad cholesterol and its effect upon the heart?

Read more

Facts about fats

Dear Alice,

I know it's necessary to have a certain amount of fat in your diet, but occasionally I hear about "good fat" and "bad fat." What is the difference? Is that the same as saturated/unsaturated? What foods have "good fat"? Can I tell by looking at the nutrition label on a food product which kind of fat I'm eating?

— Curious

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Hunting for whole grains

Dear Alice,

Here's my question...

Where in the grocery store do I find whole grains? I can easily buy carrots, celery, apples, bananas, etc. Does whole grain come in a convenient package that I can put in my lunch bag or
quickly unwrap for dinner?

Thanks, David

Confused about carbs: What's a good carbohydrate choice?

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

Confused about calories and fat grams!

Hey Alice,

I'm really confused about calories and fat. I watch what I eat but don't really know what to look for! Should I be counting calories or fat grams? Or percentages of calories from fat? What are calories and fat anyways???????? PLEASE HELP!

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