

Shrewd Investor

Best Health-Care Stocks Now

With attempts to enact a major overhaul of the Affordable Care Act (Obamacare) having failed, what's the smartest way to invest in the health-care sector now? Number one, don't be fooled by how well health-care stocks have done this year. The overall sector rose 21.4% through October

EASY TO DO

Have Your Pasta and Lose Weight, Too

Do as many Europeans do and eat a small portion of pasta as an appetizer...then have a big salad as your main course.



* Lisa R. Young, PhD, RD, nutritionist and adjunct professor at New York University, New York City, and author of *The Portion Teller Plan*.

37 YEARS / INSIDE INFORMATION FROM THE WORLD'S BEST EXPERTS

BottomLine

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Mushrooms
fight cancer, help
disease, more

HEARD BY OUR EDITORS

PERSONAL