

Lets talk SUPER FOODS! Aren't AVOCADOS incredible? Many of you know it looks and tastes great, but do you also know why they are SO HEALTHY for you? Well, read on to learn more.

One avocado (weighing 138g) contains 227 calories, 2.7g of [protein](#), 21.0g of [fat](#), 11.8g of [carbohydrates](#), 9.2g of fiber, and 0.4g of sugar. Avocados are also rich in [magnesium](#), [potassium](#), [folate](#), [vitamins K, B6, E](#), and [C](#). They can also increase the absorption of other fat-soluble nutrients (such as beta-carotene) when eaten together with other fruits and vegetables. Avocados contain mono- and poly-unsaturated fats – a type of “healthy” fat, which can lower cholesterol and support heart health, if eaten in place of saturated fats.

Magnesium is an essential mineral that the body can only obtain through food. It helps metabolize carbohydrates and fat, and synthesize protein and DNA. It also helps the body heal.

Potassium is an essential mineral that the body can only obtain through food. Potassium is important for cell membrane behavior including nerve impulse transmission, cardiac function, and muscle contraction.

Vitamin B9, also known as folate, has many important functions in the body. It helps metabolize nucleic and amino acids, assists in the formation of new proteins, helps with red blood cell formation, and more.

Vitamin K helps with blood clotting, amino acid metabolism, cell signaling in bone tissue, and more.

Vitamin B6, also known as pyridoxine, has some significant functions in the body. Among them, it plays an important role in protein metabolism, nervous and immune system function, and in the formation of neurotransmitter and steroid hormones.

Vitamin E family contains eight antioxidants. In addition to scavenging free radicals and acting as an antioxidant, vitamin E helps with cell signaling, and helps facilitate the expression of immune cells.

Vitamin C has many important functions in the body: it acts as an antioxidant, supports iron absorption, regenerates vitamin E supplies, helps develop collagen, and more.

You may choose to buy avocados that are still firm and not yet ripe. To do this, simply look for firm fruit with bright skin, which stands up to gentle pressing and feels heavy for its size. If you wish to eat the avocado the same day you buy it, aim to find one that is perfectly ripe. Ripe avocados are generally darker in color: a deeper green or blackish hue. A properly ripe avocado should have gentle give to it when lightly pressed; you should feel the flesh give way slightly, but it should not cave in or feel mushy.

One tip for finding a ripe avocado: locate the dried stem (a small brown nub) at the top of the avocado. If the nub pops off with a gentle flick of the finger, the avocado is likely ripe.

More information available via the Source page:

<https://www.precisionnutrition.com/encyclopedia/food/avocado> 5/1/2020

