

5 Reasons You Should Be Eating Avocados



Are you one of the many people who enjoy the delicious creamy flavour and texture of the avocado fruit? (Yes, despite the common misconception of an avocado being a vegetable, they contain a seed and are therefore considered to be a fruit) Because if you are, then you can rest easy knowing you are onto a good thing.

Here are 5 reasons why everyone should be enjoying avocados:

1. They Help Lower Cholesterol Levels

Avocados have often been given a bad rap as a high fat, therefore unhealthy, food. However there are good fats and there are bad fats, and avocados contain mostly monounsaturated fats which are an integral part of a healthy diet. These good fats are essential to cell development and ensure we have healthy skin, nails and hair. The other misconception is that they are high in cholesterol which is untrue. In fact avocados contain no cholesterol at all. What they do contain is high levels of beta-sitosterol, which is a plant compound very similar to High Density Lipoproteins (or good cholesterol). This beta-sitosterol actually works to naturally lower your bad cholesterol levels.

2. They Are Packed Full Of Nutrients

These delicious high fibre fruits are rich in antioxidants, and often referred to as one of nature's nutrient powerhouses. They contain 20 different vitamins and minerals that are essential to a healthy diet. Some of these include:

- Magnesium
- Folate
- Potassium
- Phosphorus
- Manganese
- Copper
- Iron
- Zinc
- Vitamin A
- Vitamins' B1, B2, B3, B5, B6
- Vitamin C
- Vitamin E
- Vitamin K

3. They Help The Body Absorb Other Nutrients

Another beneficial reason to make sure you are getting enough good fats in your diet, is because many other nutrients, such as vitamins A, D, E and K, are actually fat soluble. This means your body can only absorb them when they are ingested along with good fats.

4. They Have Anti-Inflammatory Properties

Omega 3 fatty-acids, carotenoid antioxidants, phytosterols and polyhydroxylated fatty alcohols, all of which are present in avocados, are anti-inflammatory properties. This means that they can be beneficial in reducing the swelling and discomfort caused by arthritis. It is also believed that they can help slow down the advancement of osteoarthritis.

5. They Promotes Healthy Hearts & Healthy Eye

Avocados contain high levels of potassium which is believed to help decrease blood pressure, they also lower cholesterol, reduce triglyceride levels and regulate homocysteine levels, all of which promote healthy hearts and help prevent heart disease.

Avocados contain both lutein and zeaxanthin, which work as antioxidants for the eyes. It is believed that ensuring these antioxidants are in your diet may help prevent common eye diseases later on in life, such as macular degeneration and cataracts.