



**AVO
CADO**

The fruit of life

Avocado – Eat Healthy

The avocado's status as the world's most favourite superfood is particularly evident when it comes to its nutritional value. Avocados are a nutrient-dense superfood that contain an abundant number of different vitamins and minerals. Avocados are also rich in monounsaturated and polyunsaturated fats, which are known to be nutritionally good fats, similar to nuts and olive oil. Avocados are so delicious and satisfying to eat, they'll fill you up, but they certainly won't slow you down.

An avocado contains more **potassium** than a banana: 100g of avocado contain 450mg* of potassium, a mineral which contributes to the maintenance of normal blood pressure.

Vitamin E contributes to the protection of cells from oxidative stress and can protect your skin.

Vitamin B6 contributes to a normal energy-yielding metabolism. It also supports the body's immune system to function normally and it contributes to the reduction of tiredness.

Avocados are rich in nutritionally "good fats" (**monounsaturated and polyunsaturated fatty acids**). These fatty acids can help to maintain a normal blood cholesterol level, if they replace saturated fats as part of a balanced diet. High cholesterol is a risk factor in the development of coronary heart disease.

The amount of **folate** in avocados contributes to the reduction of tiredness and fatigue and contributes to the immune system functioning normally.

A 100g serving of avocado contains 3.4g* of **fibre** which is 27 per cent of the recommended daily amount. Fibre contributes to a normal metabolism.

Avocados are naturally **cholesterol free**.

In comparison to many other fresh fruits, avocados contain a relatively high amount of **protein**, every 100g of avocados contains 1.9g* of proteins.

* McCance and Widdowson (The Composition of Foods, by Public Health England)



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