

Things To Know About Avocados.

Because avocados is filled with fibre and almost no sugar and protein you can eat as much as you like with very little to worry about.

Things to know about avocados:

- If there are any black or discoloured parts cut it out, do not eat it. It contains toxins and histamine that will make you sick outright. It is perfectly safe to cut out the discoloured parts. (Most fruit is entirely contaminated when part of it is spoiled.)
- An easy way to remove the seed is by cutting the avocado in half, then stick the knives blade into the seed, twist the knife and pull the seed out.
- Avocados is filled with:
About 2/3 of the fat in avocados is monounsaturated, and avocados are filled with nutrients. It contains potassium, B vitamins, a variety of carotenoids and vitamin E to name a few.



Healthy fats - Monounsaturated fat is considered to be a "good fat" which reduces levels of bad cholesterol in your blood and lowers your risk of stroke and heart disease.

Protein - an average avocado contains around 4 grams of protein, which is much more than most other fruits.

Sugar - avocado's sugar content is low compared to other fruits. Half an avocado contains approximately 0.2 g of sugar.

Vitamins and minerals - avocados are an excellent source of potassium (containing more per weight than bananas). In addition, avocados are rich in vitamin K, Vitamin B9, vitamin B6, vitamin B5 vitamin C, and vitamin E.

Dietary fibre - a medium avocado contains 11 grams of fibre, which is close to half of the daily recommended minimum intake.

- Despite being very rare, avocado allergies do exist. Avocado allergies are associated with coughing, wheezing, nasal stuffiness, generalized urticaria and per orbital edema. It is important to consult your doctor if you begin to experience any unpleasant side effects after eating avocado.
- Avocados may help to lower cholesterol; reduce the risk of diabetes, stroke, and coronary artery disease; promote a healthy body weight and to prevent cancer.

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