



Should you eat avocados?

In your quest for optimal health and delicious, healthy meals, you might be wondering if avocados are a good choice. After all, they maintain the reputation of being the highest fat fruit, which may cause some hesitation if you're trying to lose body fat.

While avocados are high in fat compared with most other produce, they can (and should) still fit into your healthy diet. Here's why.

Healthy Fat: The type of fat in an avocado is mainly unsaturated (specifically, monounsaturated), which, when eaten in place of high-saturated-fat foods, can help maintain healthy cholesterol levels. Consumed in moderation, fat will not make you fat!

Fills Nutrient Gaps: Avocados are rich in important nutrients that are often lacking in modern diets, including vitamin C, vitamin E, vitamin K, potassium, folate, and antioxidants.

Budget Friendly: Avocado prices have come way down over the years. You can often find them in produce markets and discount stores like Aldi for less than a dollar.

Fiber Benefits: Avocados are high in soluble fiber, which keeps you full, can improve digestion, helps control blood sugar, and can boost the health of your microbiome (the friendly bacteria residing in your GI tract).

Cancer Prevention: The naturally-occurring phytonutrients in avocados may help decrease risk of cancer; these protective compounds have the potential to inhibit cancer cell and pre-cancerous cell growth.

Versatile: You can use avocados in so many ways! Its creamy texture serves as the perfect nutritional upgrade to mayo (try it as a spread on your next sandwich!) and creamy dressings. Perfect in salads, guacamole, tacos, burritos, wraps, and smoothies, it also can be used to make healthier desserts like mousse and truffles.



Avocado Toast-adas

This is a fun and easy way to use avocados, which are revered for their unique, mellow flavor, creamy texture, and of course amazing nutrient profile. This recipe, which takes 5 minutes from start to finish, is a cross between a tostada and avocado toast. Rather than a tostada, which is usually deep fried, or a thick slice of bread, which can add up to more calories than you intend, this recipe calls for a whole grain, high-fiber tortilla. Look for a 6- or 8-inch tortilla with at least 5 grams of fiber.



You will need:

- One whole grain or whole wheat flour tortilla
- Handful of spinach leaves
- Half a plum tomato or quarter of a large tomato, chopped
- A third to half an avocado
- Chili powder
- Lime juice

Toast the tortilla until golden and crispy. Place a bed of spinach on top. Then add the avocado (You can either mash it or keep it chunky). Finally, add tomatoes and seasoning and eat up!

Serves 1.

