FRUITS & VEGGIES

14 Amazing Reasons To Start Eating Avocado Every Day

By bestfolkmedicine · 21/10/2018 · 2 min read



Avocado lovers, unite, this article is definitely for you!

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Did you know that the oldest evidence for the consumption of avocado dates back to approximately 10,000 years BC? This fruit originates from Central America and Mexico and it is in the same family with cinnamon and camphor.

This large berry grows on trees which can reach up to 6 feet. Similarly to bananas, avocados ripen one to two weeks prior to being harvested. Often referred to as a superfood, avocado is packed with beneficial

nutrients including vitamins B1, B2, B3, B5, B6, B9, vitamin C, vitamin E, vitamin K, calcium, magnesium, manganese, iron, sodium, phosphorus, and zinc.

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Therefore, if you have not added it to your daily diet yet, make sure you do as soon as possible. For those who still have doubts about why avocado is a definite must in every healthy diet, make sure you continue reading the article to learn 14 amazing facts about this potent fruit!

14 Amazing Facts about Avocados

Regular avocado consumption will enhance the body's absorption of carotenoids 5 times

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Avocados have a higher level of the carotenoid lutein than any other fruit and thus, they will lower the risk of macular degeneration and cataracts

This fruit has an antioxidant known as glutathione which can avert heart illness, cancer, and slow down the process of aging

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Glutathione has the power to fight off free radicals which have been associated with diseases such as cancer

Avocados are excellent fruits for a healthy skin and it can be of aid for the treatment of numerous skin problems such as psoriasis

This delicious and versatile fruit can help you detoxify the intestines and reduce bad breath

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When combined with soybean oil, avocado extract was found to alleviate arthritis symptoms, according to a study

The flavonoids and polyphenols in avocados possess anti-inflammatory characteristics

Avocados are abundant in fiber and they will prolong your satiety and thus, prevent overeating later on in the day, which may contribute to healthy weight loss; fiber is also useful for a healthy metabolism and a balanced blood sugar

Avocados are more abundant in potassium than bananas, i.e. they have 14 percent whereas bananas have 10 percent

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The folate found in avocados will help decrease the chance for heart problems and strokes

The folate also plays a pivotal role in averting birth defects in babies; expectant mommies, eat your avocados!

Avocados contain beta-sitosterol and can help you decrease bad cholesterol by 22 percent and elevate the good cholesterol by 11 percent; it can also decrease the triglyceride levels by 20 percent

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The oleic acid in avocados, according to studies, has the capacity to avert breast, prostate, and oral cancer

Source:

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