HEALTHY NEWS

5 Awesome Reasons Why You Need to Add Avocado Oil to Your Diet

By bestfolkmedicine · 27/10/2021 · 3 min read



Avocado is a fruit abundant with healthy fats and often used for making avocado oil. Although it's not as popular as olive oil, it's equally delicious and very nutritious.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

Its health benefits are a result of its abundance of antioxidants and healthy fats. The oil is pressed from the fresh pulp around the fruit's pit, making it one of the few edible oils which aren't made from seeds.

Avocado oil is also on the list of low FODMAPs and GAPS lists. These diets are designed to help with autoimmune disorders, digestive and neurological problems, and more.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

Below, check out why it's always a good idea to add quality avocado oil to your diet!

The Five Best Reasons to Start Consuming Avocado Oil Starting Today

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

Lowers the cholesterol & benefits the cardiovascular health

Avocado is abundant with unsaturated fatty acids that are known to contribute to a healthier heart. In a smaller study, participants were either given 25 grams of butter or 25 grams of unsaturated fat (avocado oil).

240 minutes after the meal, the blood samples drawn from the participants discovered that the test meal group experienced lower levels of triglycerides, total cholesterol, inflammatory cytokines, and blood sugar when compared to the control group.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

Another study done with lab mice found avocado oil to be beneficial at reducing bad cholesterol and triglycerides, without affecting the good cholesterol.

It's rich in antioxidants

Avocado oil is rich in lutein, an antioxidant carotenoid that is naturally found in our eyes. According to research, a diet abundant with it and another lutein known as zeaxanthin is pivotal for the health of the eyes and may lower the risk of cataracts and macular degeneration.

These are common age-related eye illnesses. As the body doesn't make lutein on its own, it needs to be acquired from the diet. The good news is that avocado oil has plenty of it and will help you support your eye health.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });

May lower the arthritis symptoms

Arthritis is painful joint inflammation and millions of people globally suffer from it. The most common type is osteoarthritis which is linked with cartilage breakdown in the joints.

Studies have shown that the avocado and soybean oil extracts may help lower the stiffness and ache that are common symptoms of this disease.

It's rich in a healthy fat known as oleic acid

ezstandalone.cmd.push(function () { ezstandalone.showAds(134); });
Around 70 percent of avocado oil has heart-healthy oleic acid. This is a monounsaturated omega-9 fatty acid.

It's believed to be responsible for some of its health advantages. Avocado oil has a high ratio of omega 6 to omega 3 and the one for better health is usually 3:1 or 2:1, but this isn't a cause for concern due to the overall amount of omega 6 being relatively low.

Betters nutrient absorption

Some nutrients like vitamins A, D, E, and K need to be combined with fat in order for the body to absorb them properly.

ezstandalone.cmd.push(function () { ezstandalone.showAds(135); });
Although a lot of fruits and veggies contain these vitamins, for example, tomatoes and watermelon, their fat content is low.

This is why adding avocado oil or other healthy fat may boost nutrient absorption.

Good for the skin and speeding up the healing of wounds

ezstandalone.cmd.push(function () { ezstandalone.showAds(136); });
Avocado oil contains fatty acids and nutrients that soothe the skin. It's also rich in vitamins A and E that contribute to the health of the skin.

In a study done with 24 people with plaque psoriasis, an avocado oil cream with vitamin B12 helped better their psoriasis symptoms after 12 weeks of treatment.

Sources:

HEALTH LINE

DR AXE

Read online: https://bestfolkmedicine.com/2021/10/5-awesome-reasons-why-you-need-to-add-avocado-oil-to-your-diet/
Downloaded on 23/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.