

# Avocados

Have you ever sliced into an avocado only to find several dark bruised spots in the shape of a thumbprint? Ever wonder how this happens?

Wonder no more! For some silly reason, people are impelled to press their fingers or thumb into the avocado to test if it is ripe. This ruins the fruit by causing a bruise. After you have pressed on your avocado and find one squishy enough to believe it is the perfect ripeness, you take it home and get upset to find it has bruises...that you caused.

The best way to test an avocado is with your eyes, not your fingers. If it is lighter green, it will need 3-4 days to ripen. The darker the skin, the more ripe it is. Easy!

Why eat avocados?

They are a highly nutritious fruit containing a wide variety of nutrients, including 20 different vitamins and minerals.

Some of the most abundant nutrients in a single 3.5 oz (100 gram) serving are:

**Vitamin K:** 26% of the daily value (DV)

**Folate:** 20% of the DV

**Vitamin C:** 17% of the DV

**Potassium:** 14% of the DV (More than a banana)

**Vitamin B5:** 14% of the DV

**Vitamin B6:** 13% of the DV

They also contain small amounts of magnesium, manganese, copper, iron, zinc, phosphorus and Vitamins A, B1 (Thiamine), B2 (Riboflavin), B3 (Niacin) and E with only 160 calories (energy), 2 grams of protein and 15 grams of healthy fats.

Although they do have 9 grams of carbohydrates, 7 of those are fibre so only 2 “net” carbs, making this a low-carb friendly plant food and a healthy weight loss food.

Avocados are a high fat food. 77% of the calories in it are from fat, making it one of the fattiest plant foods in existence. But, the majority of it is not just any old fat. It is oleic acid – a monounsaturated fatty acid that is also a component of olive oil and believed to be responsible for some of its health benefits.

Oleic acid has been associated with reduced inflammation, excellent for your skin and shown to have beneficial effects linked to cancer.

How do you eat them? Plain is my favourite with a little lemon juice or a few slices with my salad. You can make a rich, creamy salad dressing, mash them up on toast, and put them in sushi rolls or on a sandwich. But, the most recognised use for an avocado is as the main component in guacamole.

They can even be used topically as a face mask or used in body lotions and creams.

But, remember when shopping for avocados, look with your eyes, not your fingers!

To Your Health!

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