

- 166 Calories, 2 gm protein, 6 gm fiber, 15 gm fat, no cholesterol
- 1/2 large avocado provides:**
- Potential benefits of consuming avocados:**
 - Healthy fats support heart health and lower cholesterol
 - Contain a significant amount of folate important for tissue growth and healing, and vitamin K for blood clotting and bone health
 - Potassium in avocados is good for controlling blood pressure. Avocados have more potassium than bananas
 - Provide antioxidants vitamins C and K, for healthy immune function and neutralizing damaging free radicals, and B vitamins for energy production
 - Good source both soluble and insoluble fiber that control blood sugars, lower cholesterol and contribute to feelings of fullness
 - Add slices to sandwiches, salads or smoothies, spread on toast or mix into mashed potatoes, use as a fat substitute in recipes

Health Benefits of Avocados



Avocados are rich in heart-healthy fats, vitamins, minerals and fiber but are also high in calories. Use to replace butter, mayonnaise or oil in recipes.

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