

# Nutrition News

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### Great news about avocados

This great tasting fruit has always got bad press due to its fat content and any dieter will tell you to cut it out of your diet. But results from studies show us differently. It was found that including avo's in an energy restricted eating plan does not compromise weight loss or negatively affect lipid profiles – In fact it aided compliance and increased the participants' enjoyment of the weight loss diet. In recent years scientists have also found that due to its high content of mono-unsaturated fatty acids, avocados help with glycaemic control (controlling your sugar levels). This is good news for diabetics as well as dieters.

### What else does this fruit have to offer?

#### A 200g avocado:

- Contains 11g of fibre – the highest fibre content of commonly eaten fruits
- Provides 120% the Vitamin A RDA
- Contributes 30% of Vitamin B<sub>6</sub> RDA
- Gives 37% of the Vitamin C RDA
- Is the highest fruit source of Vitamin E giving 15% RDA
- Adds 58mcg of Folate to the diet
- Is the highest fruit source of Lutein giving 568mcg
- Has 35g of fat of which 20g is MUFA, 5g PUFA and 8.5g SFA
- Has only 6mg of sodium
- Adds 1166mg of potassium



**The avocado is one of the most important, inexpensive and available sources of MUFA's**

9.9g MUFA per 100g of avocado with oleic making up 47% of the total fatty acids

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