

Health Benefits Of Avocado

The name 'Avocado' comes from the Aztec word 'ahuacatl', avocados are also referred to as the 'Alligator Pear' because of their shape and leathery skin. Avocados are the fruit from a tall evergreen tree called the Persea Americana, there are many different varieties of avocado and they generally fit into three main categories, the West Indian, the Guatemalan and the Mexican which all differ in size and flavour. The avocado is packed full of nutrients, the flesh of the fruit is a rich source of vitamin E and potassium. It has the highest protein content of any fruit, the avocado only begins to ripen when it is cut from the tree. Avocado contains a monosaturated fat called oleic acid, this is believed to lower total and LDL cholesterol levels and promote the good HDL cholesterol, it also protects against breast cancer. Avocados can help to protect against high blood pressure, heart disease and stroke because of their high content of the mineral potassium which guards against these diseases. The high concentration of carotenoids and tocopherols within avocados are known to protect against prostate cancer. A word of caution, some people who have latex allergies may also be allergic to avocados because they contain an enzyme called chitinase and are treated by a gas called ethylene to induce ripening.

Nutrients

- Copper
- Beta-carotene
- Folic acid
- Iron
- Phosphorus
- Potassium
- Vitamin B3
- Vitamin B5
- Vitamin E
- Vitamin K

Benefits

- Easy to digest
- Prevents anaemia
- Good acid-alkaline balance
- Good for the blood
- High in monosaturated fats
- Good source of vitamin E and potassium

Drawbacks

- High in calories
- Can cause an allergic reaction in people who are allergic to latex

About the Author

As the elasticity and health of connective tissue declines, Peak Stride help your dog regain increased movement, mobility and quality.

Source: <http://www.productsherbal.com>