

Energy, Frequency, Vibration

7 Benefits Of Avocado For A Long, Healthy Life

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Avocados have become America's "new favorite fruit." Whether eaten in raw slices with salt and pepper or mashed up in guacamole, its myriad benefits fill every bite. The fruit, however, does more than just satisfy America's appetite; eating avocados can lead to living a longer, healthier life.

America's love affair with avocados is here to stay as it pervades the kitchens and restaurant menus all across the country. According to the Hass Avocado Board, avocados have risen in popularity for the past 15 years, with the sales of Hass avocados making up more than 95 percent of all avocados consumed in the U.S. Fast food chains, including Burger King, Au Bon Pain, Panera Bread Co., have tried to capitalize on the ingredient's popularity, offering more options with avocado, but consumers should be wary of "healthy" avocado dishes that are anything but.

Franci Cohen, board certified personal trainer and nutritionist in New York, warns of the dangers of thinking all avocado used as an ingredient is healthy. "When eaten right, avocado has great nutritional value for your diet," she told Medical Daily in an email. "But the problem is that many people see the ingredient 'avocado' and immediately think the dish is healthy, when it's actually full of fattening ingredients as well."

Although avocados have a high fat content, it's a nutrient all-star and a great source of potassium, omega-3 fatty acids, and lutein. It also contains good amounts of soluble and insoluble fiber. If you're looking to increase your avocado consumption, here are several health reasons to eat an avocado a day and every day.