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Seven More Reasons to Love Avocados That You Didn't Already Know

By Cat Ebeling | July 24th, 2017

Avocados have become the darling of the many healthy and weight loss diets, as well as being a staple of the Paleo diet. They are having their 'moment' in the spotlight for sure! And for good reason! We all know that they are very healthy for us, low glycemic/low carb and full of super nutrients like healthy monounsaturated fats, vitamins, minerals, antioxidants and serious phytochemicals, but wait—there's more!

Avocados have been gaining steadily in popularity over the last ten years. In fact, the rate of consumption of avocados has about doubled in the last ten years and demand keeps growing! Mexico and Latin America are some of the biggest suppliers along with California. Did you know that there are actually over a thousand different types of avocados, but here in the United States, we mainly see the popular Hass avocado most of the time. Although the demand has gone up for this buttery fruit, supplies this year are lower, so you may be paying a higher price for your avo—but they are well worth it for your health and your body! Here's a few reasons why:

1. Avocados Stabilize Blood Sugar and Fight Metabolic Syndrome

The healthy fats and other nutrition you get from avocados help your body to stabilize blood sugar and insulin, helping fight diabetes and metabolic syndrome, as well as contributing to fat loss and muscle building. They are low glycemic; therefore no rise in blood sugar and no fat-storing insulin release. The healthy fat content in avocados makes you feel full longer and cuts down on food cravings, so that makes it a perfect food if you are trying to burn fat and lose weight—even though avocados are considered fairly calorically dense. All in all, researchers discovered that avocado consumers were 50 percent less likely to develop metabolic syndrome than people who don't normally eat them! The blood sugar stabilizing effect avocados have also helps reduce blood pressure, LDL cholesterol, and triglycerides.

A study published in Nutrition Journal (January 2013), made up of 17,567 participants, also found that avocado-eaters generally eat a more balanced diet than non-avocado consumers, had significantly higher intakes of vegetables and fruit, and had higher intakes of vitamins, minerals and other antioxidants. BMI and body weight were significantly LESS in people who eat avocados on a regular basis.

2. Cancer Prevention

The Journal of Nutrition and Cancer recently published the results of a study, showing avocados as a major player in cancer-fighting and study results show phytochemicals as powerful as some chemotherapy! Other research suggests that phytochemicals extracted from avocados help induce cancer cell cycle death, inhibit growth, and induce apoptosis in precancerous and cancer cell lines.

Avocados abundance of monounsaturated fats also help fight cancer by being an effective anti-inflammatory agent. Beta-sitosterol also protects the prostate gland in men, fighting cancer and improving immune functions. And the powerful carotenoids fight skin cancer, as well as aging.

3. Weight Loss—Really!!

While avocados get a bad rap because they are calorically dense and high in fats, they are actually a great weight loss food. Diets lower in carbohydrates actually actually have been shown to help in fat loss, and in reducing hunger because they keep blood sugar and fat-storing insulin in check. Fats are super filling and increase satisfaction that help you eat less overall. And they allow you to go longer between meals without getting hungry. That healthy fat also helps your body absorb more fat-burning vitamins and minerals as well.

4. Avocados Contain Amazing Fats

Avocados contain oodles of oleic acid the same type of healthy fat that is in olive oil, which helps—among other things—lower bad cholesterol and fight cancers.

5. Healthy Babies—Before and After Birth

One medium avocado has about a quarter of your required daily amount of folate, or folic acid, a B vitamin that plays an essential role in making new cells by helping to produce healthy DNA and RNA. Folate is required for pregnant women, and helps lower the risk birth defects in babies, as well as being important for heart health.

And avocados are the perfect baby food as well! They are firm enough to be picked up by tiny fingers, but easily mashable and edible—even for someone with no teeth! What's more, we now know they are chock full of healthy nutrition, healthy fats and massive phytochemicals. And their mild taste is something babies love, making avo's a great baby superfood!

6. Eye Health

Avocados have lots of carotenoids and lutein, antioxidants that are both valuable for healthy eyes. It also contains zeaxanthin, alpha-carotene and beta-carotene, plus significant quantities of vitamin E. The oleic acid in avo's helps the body absorb those precious carotenoids and convert to vitamin A, as well as being able to access the antioxidants in other foods as well. Carotenoid benefits include lowering inflammation,

promoting healthy growth and development, and boosting immunity, among others.

7. Healthy Inside and Healthy Outside—Skin and Hair