

A photograph of several avocados. One is whole and green, while others are sliced in half, showing the bright green flesh and dark pits. The word "Avocado" is written in large, white, sans-serif font across the center of the image, overlaid on a semi-transparent green rectangular background.

# Avocado

## 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.

### **1/2 large avocado provides:**

- 166 Calories, 2 gm protein, 6 gm fiber, 15 gm fat, no cholesterol

### **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 of 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 fat substitute in recipes

For more Healthy Bytes Initiative information, visit:  
[www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)

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