

#### Avocado seed and oil

It is often referred to as a super food. Apart from fruit very few know that the avocado seed is packed with nutrients even more than the flesh or the skin. It also has the most soluble fibers in the world. One avocado seed contains the entire daily fiber dose that our bodies need. It contains more antioxidants than the avocado itself and other vegetables and fruits.

#### Benefits of Avocado Seed and oil

- \* The flesh and the skin of the avocado contain only 30% of the antioxidants, while 70% are found in the seed which help prevent heart diseases, lowering the cholesterol and prevent different sorts of illnesses and the phenolic compound found in the seed is known to help alleviate pain from gastric ulcers due to the anti-viral and antibacterial properties.

- \* The presence of flavonol in avocado seed helps to prevent the cancer.

- \* The seed can help to strengthen weak immune system.

- \* Consuming the seed can help you feel energetic by reducing body aches, joint discomforts and bone diseases.

- \* The potent antioxidants in avocado seeds have been shown to slow down the aging process by rebuilding collagen and repairing cell damage.

- \* Avocado oil is of great economic value to the cosmetic industry in that it contains a sterol called phytosterol which has the same penetrating abilities as lanolin.

- \* Avocado oil is easy to emulsify. Its low surface tension produces smoother creams and soaps and makes superior cosmetic oil.



## Health Benefits of Avocado

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