

Avocado (*Persea americana*) belongs to the family Lauraceae and is commonly known as 'Butter fruit'. The fruit indigenous to tropical America was introduced into South India about 80 years ago. It comes up well in tropical and humid tropical areas. The composition of avocado is remarkably different from that of other fruits. Today, the avocado has become an incredibly popular fruit among health conscious individuals.

The avocado is rich in fat (about 25%) which is mostly unsaturated and has beneficial effects. The fruit has low calorie content making it a healthy option. Fatty acids present in this fruits are monounsaturated oleic acids that are powerful anti oxidants. It helps to lower bad cholesterol and raise good cholesterol, which significantly reduce risk of heart attack and stroke. Avocado fruit contains various nutrients such as Calcium, Phosphorus, Iron, Zinc, Potassium, Sodium, dietary fiber, and vitamin A, B complex, C and E.



Nutritional values of avocado (per 100 g fruit)

Sl.no	Principle	Values
1.	Energy	160.00 k cal
2.	Carbohydrates	8.53 g
3.	Protein	2.00 g
4.	Total fats	14.660 g
5.	Dietary fibers	6.700 g
6.	Sodium	7.00 mg
7.	Potassium	485.00 mg
8.	Calcium	12.00 mg
9.	Copper	0.190 mg
10.	Iron	0.55 mg
11.	Magnesium	29.00 mg
12.	Manganese	0.142 mg
13.	Phosphrous	52.00 mg
14.	Zinc	0.64 mg
15.	Carotene	24 µg
16.	Carotene	62 µg
17.	Crypto-xanthin	28µg
18.	Lutein-zeaxanthin	271 µg
19.	Folates	81 µg
20.	Niacin	1.738 mg
21.	Pantothenic acid	1.389 mg
22.	Pyridoxine	0.257 mg
23.	Thiamin	0.130 mg
24.	Riboflavin	0.067 mg
25.	Vitamin A	146 IU
26.	Vitamin C	10 mg
27.	Vitamin E	2.07 mg
28.	Vitamin K	21 mg

Source : USDA National nutrient data base

Regulating blood sugar

The soluble fiber in avocados can help keep blood sugar levels steady. In comparison to other fruits, the low carbohydrates and sugar levels in avocados also help maintain blood sugar.

Healthy for the heart:

Avocados contain of a natural plant sterol called beta-sitosterol, regular consumption of beta-sitosterol will help to help maintain healthy cholesterol levels.

Regulating blood pressure

Avocados' high levels of potassium can help keep blood pressure under control. The American Heart Association reported that potassium helps regulate the effects of salt, which can increase your blood pressure.

Eyes

Avocados are an excellent source of the carotenoid lutein, which reduces the risk of macular degeneration and cataracts.

Immune system

Glutathione is a powerful antioxidant associated with immune system health. The immune system works best if the lymphoid cells have a delicately balanced intermediate level of glutathione.

Cancer

Avocados have been shown to reduce the risk of certain cancers, including cancers of the mouth, skin and prostate. This is due to the unusual mix of antioxidant and anti-inflammatory characteristics.

Digestion

Despite its creamy texture, an avocado is actually high in fiber, help to prevent constipation, maintain a healthy digestive tract and lower the risk of colon cancer.

Skin

The vitamin C and vitamin E in avocados help keep skin nourished and glowing.