

Avocado: Wonder Food for Older Adults!

Why Should Older Adults Eat Avocados?

You know that eating fruits and vegetables are good for you. But did you know that avocados have extra benefits for older adults? Avocados help to reduce the risk of heart disease, cancer, eye disease, high blood pressure and stroke. Avocados also lower bad cholesterol. Add avocados to your diet to improve your health!

Prevent Eye Disease

- Lutein (an anti-oxidant) protects against eye diseases that lead to blindness in older adults.
- Recent research shows that avocados contain the most lutein of any fruit.



Lower Bad Cholesterol

- Avocado has a healthy fat (oleic acid) that lowers bad cholesterol and increases good cholesterol.
- During one study, 45 volunteers ate avocados everyday for a week. Their bad cholesterol dropped by 17% and their good cholesterol went up by 11%.

Prevent Cancer

- New findings show that natural chemicals found in avocados may prevent cancer.
- Recent research shows that prostate cancer cell growth is slowed by avocado extract.
- Avocados are a good natural source of vitamin E.
- Vitamin E slows aging and protects the body from cellular damage that may lead to cancer.



More about Avocados

- ½ medium sized avocado is one serving of vegetables and fruit.
- Eat avocados raw because heating makes them bitter.
- Avocado in meals!
 - Avocado smoothie
 - Avocado soup
 - Mash potatoes with avocado
 - Pieces of fresh fruit with avocado dip
- TIP: Avocado is a healthier choice than sour cream, butter or margarine.

Fight Heart Disease

- Avocados are a good source of potassium, folate and glutathione (an anti-oxidant).
- Potassium reduces the risk of high blood pressure and stroke.
- The right amount of folate decreases the risk of heart attacks.
- Glutathione helps prevent heart disease.