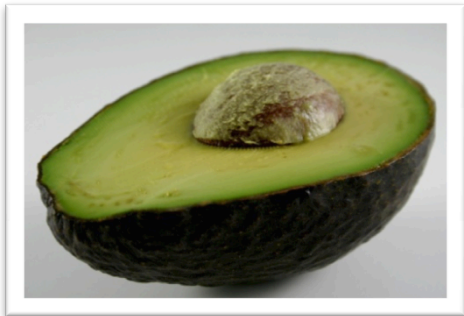


# Aging Well with Avocados

As you age, you may have more concerns about health and disease. You may begin to consider things like cholesterol or blood pressure. The food you eat can affect all of these things. Some foods can be harmful but others provide many benefits. The avocado is an excellent example of a beneficial food.

## What is an avocado?

Avocados are one of the most commonly eaten fruits. The edible portion is the inner green-yellow flesh. This flesh is oily and has a nutty taste.



## The Many Benefits . . .

You may have heard of good or *monounsaturated* fats. These fats help lower bad cholesterol and uphold good cholesterol. They also assist in maintaining blood sugar

levels, which is important in controlling diabetes. Avocados are a rich source of these good fats.

### **Avocados may also help protect against:**

- Heart disease
- Eye disease: cataracts and macular degeneration (leading cause of blindness in older adults)
- Oral, prostate and other cancers (if eaten raw)

### **How do I know if it is ripe?**

The skin will be dark purple or black. A ripe avocado is also somewhat soft when squeezed.

## Preparation

- 1 Cut lengthwise around the seed and pull apart into two halves.
- 2 Cut or scoop out the seed using a spoon.
- 3 Use a spoon to scoop/separate the avocado from the skin.
- 4 Slice, chop or mash depending on use.

## How Much Should I Eat?

Avocados are quite high in calories and fat. They are still a very healthy food choice though. About 1/5 of a medium avocado is a proper serving.

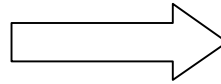
If you have weight concerns:

- ✓ Do not exceed the serving size
- ✓ Eat with lower calorie foods like other fruits
- ✓ Use in place of other fatty substances (e.g. butter)

## Uses

*There are many different ways you can eat avocados. Some of these include:*

- ◇ Slice to put in soups or salads
- ◇ Mash into a sandwich spread or dip
- ◇ Simply eat as is



### Nutrition Facts

Serving Size: 1/5 medium (30g/1.1oz)

Amount Per Serving

**Calories** 55      Calories from Fat 45

% Daily Value

**Total Fat** 5g      8%

Saturated Fat 1g      5%

Polyunsaturated Fat 1g

Monounsaturated Fat 3g

**Cholesterol** 0mg      0%

**Sodium** 0mg      0%

**Potassium** 170mg      5%

**Total Carbohydrate** 3g      1%

Dietary Fibre 3g      12%

Sugars 0g

**Protein** 1g

Vitamin A 0%      • Vitamin C 4%

Calcium 0%      • Iron 0%

Vitamin E 4%

(Duester, 2000)