Avocados!

Posted on [September 18, 2014](http://nicholasdepacemd.burtoniaconsulting.com/avocados/) by [Matt](http://nicholasdepacemd.burtoniaconsulting.com/author/matt/)

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*“The fat that is in an avocado is monounsaturated fat, which is the good fats and heart healthy fat.”*

Are Avocados good for your heart?

As a pharmacist I look at foods and say what nutrients are in foods and how do these nutrients provide a preventative and/or supportive effect on our bodies. What beneficial nutrients are in avocados? The fat that is in an avocado is monounsaturated fat, which is the good fats and heart healthy fat. The good fat in avocados can reduce cholesterol and increase the ratio of HDL(good) cholesterol to LDL(bad) cholesterol. Other nutrients in avocados are glutathione, which is considered the “mother of all detoxifiers”, folic acid, and more potassium than bananas. Avocados are also a good source of fiber.

Avocados also contain a phytonutrient called beta-sitosterol which has been shown in a double blind trial to be effective for BPH(Benign Prostatic Hyperplasia). In addition, beta-sitosterol blocks cholesterol absorption and has been shown in studies to reduce blood levels of cholesterol.

-Pharmacist John Giacca

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<div class="masterPagestyle">

<a style="float: left;" href="http://nicholasdepacemd.burtoniaconsulting.com/wp-content/uploads/2014/09/avocado-pic.jpg"><img src="http://nicholasdepacemd.burtoniaconsulting.com/wp-content/uploads/2014/09/avocado-pic.jpg" alt="avocado-pic" width="325" height="237" class="wp-image-1689" /></a>

<p style="font: 30px Helvetica; color: gray; margin: 0 0 15% 40%;"><em>"The fat that is in an avocado is monounsaturated fat, which is the good fats and heart healthy fat."</em></p>

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