Avocados A Heart Health Fruit

[](http://nicholasdepacemd.burtoniaconsulting.com/wp-content/uploads/2014/09/avocado-pic.jpg)

*“The fat found in avocados is a monounsaturated fat, which is the good fats and heart healthy fat.”*

Are Avocados Good For Your Heart?

As a pharmacist, I habitually evaluate foods from a nutrient density perspective evaluating the extent to which these nutrients support a preventative and/or supportive effect on our bodies. For instance, when it comes to heart health I am a big fan of avocados and what they offer.

What beneficial nutrients are found in avocados? The fat in avocados is known as monounsaturated fat, which is the good and *heart healthy fat*. The good fat found in avocados can reduce cholesterol and increase the ratio of HDL (good) cholesterol to LDL (bad) cholesterol.

Other nutrients found in avocados include:

1. Glutathione, Which Is Considered The “Mother Of All Detoxifiers”
2. Folic Acid
3. Fiber
4. Potassium

Would you believe that avocados have more potassium than bananas? Well, they certainly do!

Avocados also contain a phytonutrient called beta-sitosterol (a beneficial plant-based fat) that has been shown in a double blind trial to be effective for BPH (Benign Prostatic Hyperplasia). In addition, beta-sitosterol block cholesterol absorption (more than any other fruit) and has been shown in studies to reduce blood levels of cholesterol.

So, if you walked into my pharmacy and asked me to recommend a heart healthy fruit for the reasons stated above I would without hesitation put avocados at the top of the list.

- Pharmacist John Giacca

HEART HEALTHY TIP:

Below Are Two Things You Can Start Doing Today To Lower Cholesterol

1. Make certain your fridge is stocked with at least 2 or 3 avocados to add to your turkey or tuna and fight the cholesterol lowering battle.
2. The next time you are out for sushi look for avocados in your salmon roll and order a couple slices of avocados on the side to continue fighting the good fight.

Enjoy!

This entry was posted in [all](http://nicholasdepacemd.burtoniaconsulting.com/category/all/), [blank](http://nicholasdepacemd.burtoniaconsulting.com/category/blank/), [Wellness](http://nicholasdepacemd.burtoniaconsulting.com/category/healthy/wellness/). Bookmark the [permalink](http://nicholasdepacemd.burtoniaconsulting.com/avocados/).

<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>

<h3>Are Avocados good for your heart?</h3>

<p>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.</p>

<p>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.</p>

<p>-Pharmacist John Giacca</p>

</div>