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Be an avid avocado eater — here's why

We dive deep into the benefits of the creamy, nutty berry that should be a part of your daily diet, recommend experts and research

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Could eating an avocado a day keep the doctor away? It could well be the case. Packed with fibre and essential nutrients and often included in the diet as a superfood, one of these berries a day can improve the quality of your diet, notes a study published in Current Developments in Nutrition.



It is also very versatile in terms of the ways it can be consumed and added to food.

Benefits of having avocados every day

According to a study published in Nutrients, avocados are rich in nutrients such as magnesium, B6, vitamin C, vitamin E and folate, which are not very easy to consume every day. Consuming avocados can lead to healthier food choices in several ways, explains dietician Kejal Shah. Adding avocados to meals regularly "may encourage individuals to prioritise other nutrient-rich foods in their diet to complement the avocado", explains Shah.

Promotes satiation: Avocados are high in fibre and healthy fats, which can help promote feelings of fullness and satisfaction after a meal. "Including avocados in meals can help prevent overeating and snacking on less nutritious foods later on. This can lead to a more balanced and mindful approach to eating," says Shah.

Enhances flavour and texture, lowering calorie intake: Avocados have a creamy texture and a mild, nutty flavour that can enhance the taste of a variety of dishes. "By incorporating avocados into meals, individuals may find that they can rely less on high-fat or high-calorie condiments or toppings to add flavour. This can lead to lower overall calorie and fat intake," says Shah.

Improves gut health:

The aforementioned study states that regular avocado consumption leads to higher bile acid concentrations, which reduces inflammation in the intestines. Also, avocados are known to produce short-chain fatty acids, which help prevent diseases such as colorectal cancer and inflammatory bowel disease, according to a study published in the ISME

Journal. Avocados are rich in dietary fibre, which is important for digestive health, gut function and can help with weight management by promoting fullness.
Reduces risk of heart disease: Avocados help with cholesterol and promote better heart health. Consumption of avocados regularly increases HDL cholesterol and diminishes oxidised LDL choresterol, which is responsible for plaque buildup on artery walls, according to this study. Also, avocados are high in potassium as well as magnesium, and this leads to regulation of blood pressure. Helps reduce risk of chronic illnesses: They are rich in antioxidants and antiinflammatory compounds, and this helps overall health and wellness. A study published in Clininal Interventions in Aging suggests that avocados contain carotenoids that are antioxidant in nature, and helps prevent chronic diseases. Avocados are rich in vitamin C, B6 and E — all essential nutrients to enhance our immune system according to this study, published in Frontiers in Nutrition.
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ACCORDING TO DIETICIAN KEJAL SHAH, INCLUDING AVOCADOS IN MEALS CAN HELP REDUCE RELIANCE ON HIGH-FAT OR HIGHCALORIE CONDIMENTS OR TOPPINGS TO ADD FLAVOUR