

AVOCADOS AND MAINTAINING HEALTH

Are your clients concerned about maintaining their health as they age? Avocados contribute nearly 20 vitamins, minerals and beneficial plant compounds to the body. Not only are avocados nutrient-dense but they have a smooth texture and subtle flavor.

What exactly do fresh avocados contain? A serving of a fresh medium avocado provides:

- **6% of the Daily Value (DV) for Vitamin E**

Vitamin E is an antioxidant that protects body tissue from damage caused by substances called free radicals. Remind your clients that free radicals can harm cells, tissues and organs and that antioxidants are believed to play a role in certain conditions related to aging. The body also needs vitamin E to help keep the immune system strong against viruses and bacteria.

- **11% of the DV for fiber, making it a good source**

Dietary fiber from fruits, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower the risk of heart disease.

- **4% of the DV for Vitamin C**

Vitamin C is an antioxidant that may contribute to healthy immune function and is essential for the growth and repair of tissue all over the body.

These are only some of the reasons why avocados are a great addition to the diet. Read up on the latest nutrition research to discover even more.

Invite your clients to try these [Lettuce Cups with Hass Avocado, Tangerine and Salmon](#) and share the benefits of eating avocados to increase the nutrient quality of their diets.

Source: Hass Avocado Board

