



How Good are Avocados for You?

By Michael Greger M.D. FACLM on February 8, 2022



Avocados have been described as a “major dietary source of antioxidants.” While this may be true compared to many of the foods people usually eat, they aren’t necessarily anything to write home about when compared to other common fruits.

Avocados do, however, contain lutein and zeaxanthin, two carotenoid eye nutrients found in dark green leafy vegetables. This may explain why Mexican Americans, who are “among the highest consumers of avocados in the United States,” tend to beat out other ethnicities in their intake of the two nutrients. The critical carotenoids are concentrated in the “dark green flesh close to the peel.” Because of this, consumers should be advised to use the “nick and peel” method “to obtain the nutrient-rich outer section of the avocado.” The Tufts Health & Nutrition Letter detailed what that means: Cut the avocado in half lengthwise around the seed, rotate a quarter-turn, cut lengthwise again to make quarter-avocado segments, separate the quarters, remove the seed, and, finally, starting from the tip, nick and carefully peel each segment, so as not to lose that nutrient-rich, darkest green flesh immediately under the skin.

Avocados can also boost the absorption of the carotenoid phytonutrients in other vegetables, because carotenoids, such as beta-carotene, are fat soluble. “However, many of our best foods for obtaining carotenoids—for example, sweet potatoes, carrots, and leafy greens—contain very little fat (less than 1 g per serving).” So, if you eat them straight, without any source of fat in your stomach, you may end up flushing a lot of that nutrition down the toilet.

Remember, it’s not what you eat, it’s what you absorb. There’s a little spike in the amount of beta-carotene that ends up in your bloodstream over a period of ten hours after eating a little more than a cup of salsa, and the same is seen with the red pigment lycopene. What happens when you eat the same amount of salsa with the addition of avocado? Absorption triples. That means, if you eat tomatoes without some source of fat at the same meal—avocados, nuts, or seeds, for example—most

“Remember, its not what you eat, its what you absorb. Avocados can boost the absorption of the carotenoid in vegetables”

healthbites



healthbites is a production of Autumn Leaves NZ Ltd. All content is for information and reporting purposes. No intention is made to bring total solutions for any health condition.

Many articles in this paper are condensed from larger articles from renowned sources, contact us for the complete article and we will supply if available.

Subscribe yourself or a friend to healthbites by contacting us.

This newsletter is produced by:

 **AutumnLeaves**
NZ LTD

PO Box 654, Rangiora, 7440, NZ
28 Southbrook Road, Rangiora, NZ
health@autumnleaves.co.nz
ph 03 313 7762
www.lifestyleworks.co.nz

An Apple a Day May keep the Pharmacist Away

nutritionfacts.org May 3, 2022

The public health message an apple a day keeps the doctor away has been circulating since 1866. When researchers compared daily apple eaters to non-apple eaters, they found that evidence does not support the well-known proverb, although those eating an apple a day do appear to use fewer prescription drugs.

Blueberries Can Improve Artery Function

nutritionfacts.org April 5, 2022

Eating blueberries week after week gives us the chronic benefits of reducing artery stiffness and boosting natural killer cells that defend against viral infections and cancer.

Blueberries can be thought of as natural probiotics. When we eat them, we're also feeding our good bacteria.

Topical Aloe Vera Gel for Lichen Planus

nutritionfacts.org April 14 2022

A randomized, double-blind, placebo-controlled study found improvement in 81 percent of participants with lichen planus in the aloe group, who received a topical aloe vera gel for eight weeks, compared to just 4 percent in the placebo group. Despite lichen planus being considered a chronic condition, the erosive lesions disappeared after a few weeks of aloe application.

Public Health Concerns of Weed Legalization

nutritionfacts.org April 19 2022

Frequent use of cannabis is a predictor of future cigarette addiction. Indeed, weekly marijuana use in non-cigarette-smoking teens predicted a more than eightfold increase in the odds of later using tobacco, which may be seven or eight times more addictive than cannabis. Even after controlling for peer use, it appears that cannabis does still seem to be a gateway drug to tobacco.



Over 150 health books and products online at www.lifestyleworks.co.nz

of that bright red, beautiful lycopene will end up in the toilet bowl rather than your bloodstream.

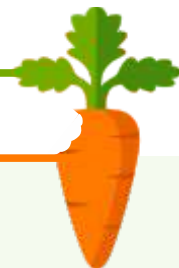
It's the same with a salad composed of lettuce, spinach, and carrots. With a fat-free dressing, hardly any beta-carotene makes it into your body. Add an avocado, though, and 15 times more beta-carotene ends up circulating throughout the body. Do you have to use a whole avocado? Half an avocado had pretty much the same effect, working just as well as a whole one. What about a quarter of an avocado? We don't know the minimum amount of dietary fat required for optimum carotenoid absorption. It may just be a few grams per meal, though, in which case an eighth of an avocado would fit the bill, or just one or two walnuts.

Interestingly, avocado consumption may enhance not only the absorption of carotenoids, but also their subsequent conversion inside the body into vitamin A. When subjects were given baby carrots with and without avocado, as we saw before, much more beta-carotene was detected in the bloodstream of those eating avocados with their carrots in the hours following, compared to the same amount of carrots alone. In fact, there was more than six times more. Since beta-carotene is turned into vitamin A in the body, shouldn't there also be six times more vitamin A, too? No. In fact, the subjects eating avocados ended up with more than 12 times more vitamin A.

The avocado-eaters also experienced a big increase in levels of vitamin K, another fat-soluble vitamin. That is partially because avocado itself contains vitamin K—but not so much that people on the anticoagulant medication Coumadin have to worry, claimed an avocado industry-sponsored review. However, that's not true. We've known for decades that even though there isn't an inordinate amount of vitamin K in avocados, it still interferes with the drug Coumadin, also known as warfarin. We aren't exactly sure why. It may boost your liver's detoxifying enzymes or prevent absorption of the drug, but, either way, those on the blood-thinner Coumadin may want to put walnuts on their salads instead.



Brownie Sandwich Cookies



Ingredients:

Cookies

1/2 c dates pitted
1 1/2 c cooked black beans
1/2 c rolled oats
3 T carob powder
1/4 c raw nut or seed butter
2 t vanilla extract

Filling

2 T date syrup
(1c dates soaked in 1c boiling water for 1 hour, then blend dates and water with 1 teaspoon lemon juice)
2 T raw nut or seed butter

Method:

1. **Preheat** oven to 200C.
2. **Place** dates in a small bowl and **add** just enough boiling water to cover. **Let** dates soak for about 10 minutes.
3. **Place** black beans, oats, carob powder, nut or seed butter, and vanilla in a food processor. **Add** the dates along with the soaking water and **process** until smooth.
4. Using a spoon, **divide** the batter into 12-24 cookies on a baking tray lined with baking paper.
5. **Bake** for 10 minutes, then **remove** and **let** them cool on a cooling rack.
6. For the filling, **combine** equal parts nut butter and date syrup - about 2 tablespoons of each. *The consistency of nut butter can vary, so if the filling is too thick, add a tiny dash of soymilk or if it's too runny add a little bit of carob powder.*
7. **Sandwich** the cookies together using the filling and **enjoy!**

<https://nutritionfacts.org/recipe/brownie-sandwich-cookies/>

