

Inside Out

GREEN MACHINE

You know about their healthy fats, but adding avocados to your diet can benefit your health in more ways than one. Here's why nutritionists are awed by avocados.

Rich in nearly 20 vitamins and minerals, fiber, folate and antioxidants, avocados pack a nutritional punch that amps up your cognitive functions.

From focus and learning to memory and concentration, **THESE GREEN POWERHOUSES HELP SUPPORT A HEALTHY BRAIN.**

Avocados are packed with a generous amount of good-for-you monounsaturated fat, which supports a healthy blood flow,

HELPS REDUCE BAD CHOLESTEROL and can lower the risk of heart disease and stroke.

Though they are dietary dynamos, avocados are high in calories, so limit your serving to $\frac{1}{4}$ to $\frac{1}{2}$ of an avocado per day.

TOSS AVOCADO INTO YOUR GREEN SMOOTHIES, ADD CHUNKS TO SALADS, OR USE MASHED AVOCADO AS A NON-MAYO sandwich spread.

Avocados also make a healthy staple for your beauty routine. They're packed with

FATTY ACIDS, VITAMINS AND ANTIOXIDANTS THAT HELP KEEP SKIN GLOWING, whether you gain the benefits from eating them, or mashing them and mixing with a little coconut oil to create a quick face mask.

The cholesterol-free avocado boasts the most protein and least sugar of any fruit. Yep, it's a fruit!