
AVOCADOS

What You Need to Know

Choosing and Using Avocados

When buying avocados, pick fruits that have firm skins, but which yield to gentle pressure and have no soft spots. These are the kind of fruits that will ripen after they're picked.

Put unripe avocados in a paper bag at room temperature and they will ripen in the next 2-5 days.

If you want them to ripen more quickly, add a banana or apple to the bag.

Try slicing and spreading 2 tablespoons of avocado on your sandwich instead of mayonnaise or butter. This will save you almost 40 calories! Yes, you get the fat, but it's definitely a better-for-you fat than those other spreads. And you really can't beat the flavor it adds.

Avocados and Nutrients

An avocado is nutrient dense. Nutrient-dense foods provide substantial servings of vitamins, minerals, and other nutrients in proportion to the number of calories they contain. Although avocados are high in fat, most of that fat is heart-healthy monounsaturated fat.

The CDC has revealed that avocados are loaded with dietary fiber, vitamin B6, vitamin C, vitamin E, vitamin K, magnesium, and folate. They're also cholesterol- and sodium-free. One avocado contains about 700 milligrams of potassium. In fact, avocados have more potassium (gram for gram) than bananas!

