Many Benefits of The Avocado Superfood by Mark Dreher PhD

Mark L. Dreher, PhD, is a member of the [American Society for Nutrition](http://en.wikipedia.org/wiki/American_Society_for_Nutrition%E2%80%8E) and an expert in healthy eating. One of Mark Dreher’s research interest is on the health effects of avocados, which is widely considered a superfood.

Classified as a fruit, consuming one half of an avocado or more contains good to excellent levels of monounsaturated fat, fiber, potassium, vitamin C, vitamin E and folate. Considered one of the fruits with the lowest pesticide levels as their thick skin helps protects them from the environment and pesticide accumulation in the fruit pulp. In addition, the avocado is one of the safest commercial crops in regard to pesticide exposure, meaning that there is little need to spend extra money on buying organic.

The list of the emerging health benefits of avocados is virtually endless, and studies in progress are still finding new ways in which avocados can improve health. When avocados are consumed with other fruits and vegetables, they can help to boost the overall absorption of fat soluble carotenoids (natural non-vitamin antioxidants) by several fold compared to low fat diets. Avocados also have blood lipid and heart health benefits similar to that of olive oil and nuts. They may also help to promote satiety (reduce hunger), when one half or more of an avocado is consumed as part of meal such as lunch.