



What's in your avo?

This incredibly nutrient dense fruit is in season now!! Although they are high in fat, don't shy away as they are packed with almost 20 vitamins and minerals. Avocados are full of healthy fats which help to keep you feeling full and satisfied. When you consume fat, your brain receives a signal to turn off your appetite. Eating healthy fat slows the breakdown of carbohydrates into sugar, which helps to keep sugar levels in your blood stable.

Just half an avocado contains:

- 6g of fibre
- 20 % of your daily intake of the heart healthy monounsaturated fat
- 36% of your daily intake of folate
- Vitamins A, C, K, magnesium and potassium

You can incorporate avocado into your diet by using it as a spread instead of butter. Spread it on toast in the morning, put it in your sandwich instead of mayonnaise or use it in a salad instead of cheese.

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