

KINETIC ENERGY

# Health benefits of AVOCADO

SUPERFOOD

160

CALORIES

100 grams

## Health benefits

- Helps in regulating blood
- Helps in maintaining a healthy body weight
- Anti-inflammatory
- Beneficial gut health
- Reduces risk factors for heart diseases

## Nutritional value

- Total fat 15g
- Carbohydrate 9g
- Protein 2g
- Potassium 485mg
- Sodium 7mg
- Calcium
- Iron
- Vitamins A , B6 & C

## How to eat it?

- On toast
- Salad
- Guacamole



**Did you know...** avocado contains 35% more potassium than a banana. That makes it twice as good for your heart.

