

AVOCADO



- ◆ Avocados have the highest protein content of any FRUIT. They contain up to 25% fat, and an average avocado contains 300 calories and 30 grams of fat.
- ◆ Avocados are rich in magnesium, vitamin C and vitamin E. They help produce energy and are good for muscle contraction and relaxation.
- ◆ Many animals, particularly horses can be severely harmed or even killed if they consume the leaves, bark of the tree, or avocado pit. All animals native to the Americas and large enough to pass avocado pits through their digestive tracts are now extinct – among them, the giant sloths
- ◆ Cutting and rubbing the flesh of a ripe avocado on sun-burnt skin helps in soothing it.
- ◆ It is estimated that avocados have been cultivated in Central America for almost 7,000 years
- ◆ Folk wisdom believed that a Mayan princess ate the very first avocado, and it gave her magical powers
- ◆ They are also called “alligator pear,” because of their alligator skin texture and pear shape.
- ◆ During Super Bowl Sunday, in the US, about 50 million pounds of avocados are consumed. According to some nutrition magazines, that is enough to cover an area the size of a football field, to a depth of nearly 12 feet.