

Mayo Clinic Minute: Avocado gets an 'A' for health benefits

Video	Audio
Katherine Zeratsky Registered Dietitian Nutritionist Mayo Clinic	"An avocado is technically a fruit, and it's a nutritious fruit."
	Katherine Zeratsky says avocados are getting their moment in the limelight because they taste good and have health benefits.
	"Avocados are healthy despite being a little higher in fat. The type of fat matters."
	Avocados contain mostly good fats — monounsaturated and polyunsaturated fats plus a small amount of saturated fat .
	"The saturated fat is the one that we're most concerned about in terms of heart disease risk."
	An avocado is also a good source of vitamins A and E, and it contains fiber.
	"Having some fiber may help lower cholesterol."
	Use an avocado in smoothies, salads, toppings for a sandwich, and keep portion size in mind.
	"A whole avocado has about 250 calories. If that fits into your daily calorie allowance, then you might be able to have a whole avocado."
	For the Mayo Clinic News Network, I'm Vivien Williams.