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Avocados: A Legitimately Healthy Food Craze

According to Telsey Advisory Group, a firm focused on evaluating the consumer market, avocado consumption in the United States has quadrupled since 2000. And, unlike many other health food crazes, avocados are actually good for you.

While it is true that avocados contain more calories and fat than other fruits or vegetables (one-fifth of an avocado contains 50 calories and 4.5 grams of fat), they also have many health benefits. Avocados contain heart-healthy unsaturated fat, which can help lower cholesterol. In addition, they are packed with vitamins, minerals and fiber that are part of a healthy diet.