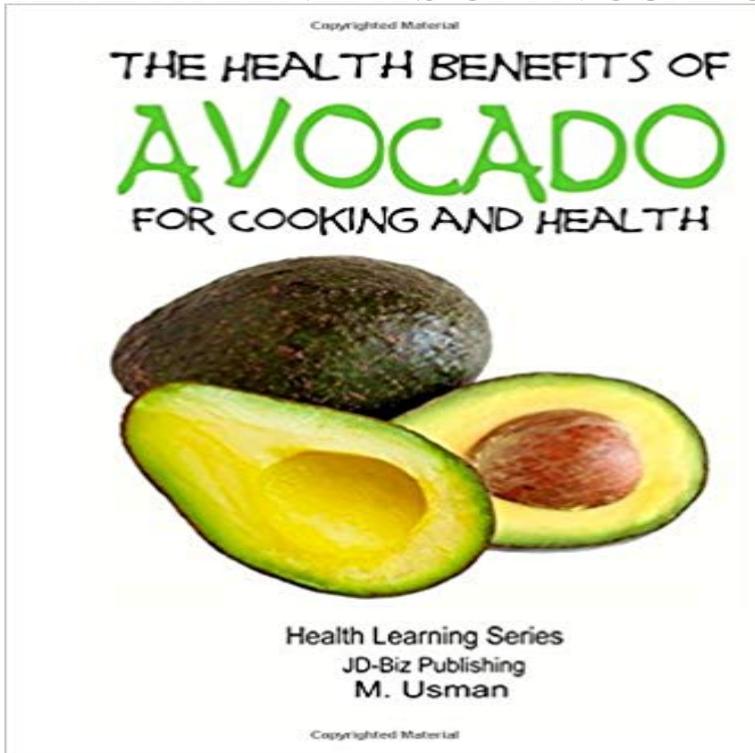


HEALTH BENEFITS OF AVOCADO - For Cooking and Health



HEALTH BENEFITS OF AVOCADO - For Cooking and Health Table of Contents Introduction Section 1: Avocado Chapter 1: What is Avocado? Chapter 2: History of Avocado Chapter 3: How to Choose the Right Avocado Chapter 4: Nutritional Breakdown of Avocados Section 2: Health Benefits of Avocados Chapter 5: Protection against diseases Chapter 6: Avocados for Weight Loss Chapter 7: Avocados for Skin and Hair: Section 3: Including Avocado In daily diet Chapter 8: Recipes for Avocado Section 4: Fun Facts about Avocado Section 5: Conclusion Introduction Health Benefits of Avocado The Pear Shaped Fruit You might have heard the name Avocado a thousand times and wonder what it is. Well for starters, avocado is a fruit that is pear shaped in appearance. If youre into fruits and veggies and believe in natural ways of living an ailment free life, then this book is all you need. Even if you dont like fruits, you should still know about this one. Being a nutritionist, I would crown this fruit as the king of all fruits because of its nutritional value and health benefits. The interesting thing is that all these benefits come with no side effects, which are quite frequent with the advertised pills and supplements. In our daily life we give value to things that are ready to eat or things that we can eat on the go. No wonder diseases like heart attack, high blood pressure, arthritis and obesity are so common in western lifestyle. Yes, I called obesity a disease. To you obesity might only mean having socially unacceptable outlook, but medicine people would tell you that obesity is the harbinger of countless diseases. The cure and control of all these things comes with one single fruit. Yes, you guessed it right. Its avocado that promises you not only a healthy outlook but also a healthy inside too. Above all, the taste of this fruit is something that would surely tickle your taste buds. This book

has been divided into four sections. The first section will inform you about avocado and tell you what it is, its history and its nutritional value. The second section of the book is about the health benefits of avocado. Different diseases that can be cured with the help of avocado have also been mentioned. The role of avocado in weight loss and nourishing of skin and hair has also been discussed. The third section lists some golden tips related to this fruit. The final section is left for conclusion.

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substitute for butter or oil in your favorite baked good recipes, or spread or slice onto sandwiches. Nutrition Terms and Their Definitions Best Foods for RA How to Make a Great **Benefits of Avocado (Plus- 25 Healthy Recipes)**

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