



## For Once Something That Tastes Good Is Actually Good For You, And Americans Are Eating It Up

By Robin Seaton Jefferson | July 29, 2019



According to functional medicine expert, knowing the benefits of avocados could help the more than 30.3 million Americans with diabetes. **Dr. Elroy Vojdani** at RegeneraMedical.com said since avocados are low in carbs and high in healthy fats, they don't spike blood sugar levels, but instead can provide nutritional calories to curb appetite. They're also high in fiber, which can reduce fasting blood sugar levels and A1C levels. "Diet interventions to help eliminate or reduce insulin resistance are very effective as part of a total treatment plan for type 2 diabetes," Vojdani said. "This revolves around overall carb restrictions with a focus on consuming large amounts of non-starchy vegetables, plant-based fats and clean-sourced proteins like salmon, bison and turkey. I tell my patients to start off with targeting a total of 60-80 g of net carbs a day and to consume plant-based fats like avocados, olive oil and nuts."

Vojdani also cited Phytotherapy research that shows that because avocados are rich in heart-healthy fats and fiber, they have anti-diabetic properties that help lower cholesterol and blood pressure.

Vojdani said one of his favorite ways to incorporate avocados into his daily diet is to add them to smoothies. He said they add "a very nice creamy texture and ensure that there's plenty of healthy fat in the meal. Slicing the other half on top of a salad for lunch or with a lean protein for dinner is also a simple way to add avocados to your diet."



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Vojdani said patients with diabetes are at a higher risk for both Alzheimer’s and heart disease. “Avocados provide a large amount of unsaturated fats, which provide the building blocks for healthy brain tissue and function, and can also help reduce LDL cholesterol counts, thereby reducing the risk for heart disease,” he said.

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