

3 Reasons to Add Avocado to Your Diet

These days people are more health conscious than ever, making “super foods”, like avocados for example, staples in their daily diets. Restaurants are becoming increasingly aware of this lifestyle change, adding avocados in delicious ways to their sandwiches, [burgers](#) and other various meals. [Kua’aina Sandwich](#) of Oahu, HI is no different, and is here to present a few reasons why next time you stop in for lunch or dinner, you should consider opting for a tasty burger or sandwich featuring this remarkable food.

3 Reasons Why Avocados Are Beneficial to Eat

1. Avocados Have a High Nutritional Value

Many health-conscious minds tend to steer clear of avocados because of their relatively high fat content, but this isn’t the same kind of fat you’ll find in junk foods. Most of the fat in avocados is oleic acid, which is linked to having valuable payoffs on cancerous genes as well as helping lower cholesterol. So next time you’re prepping lunch or out to eat at one of your favorite restaurants, opt for a few slices of avocado on your sandwich.

2. Avocados Are Great for Your Heart

In addition to oleic acid, avocados also contain an amazing vitamin called folate, and just one cup of avocado provides nearly 1/4 of the recommended daily dose. Folate is incredibly beneficial and correlated with lowering the risk of heart problems such as heart attacks and heart disease. Additionally, folate is also known to minimize the risk of potential birth defects should you be pregnant or planning to be soon.

3. Avocados Full of Fiber

High-fiber foods provide bodies with quite a few benefits: maintaining a healthy digestive system, contributing to weight loss efforts, reducing blood sugar spikes, and many other links to lowered risk of various diseases. In addition to all of this, foods with a higher fiber content are known to create the feeling of fullness by triggering the part of your brain that makes you feel satisfied.

Don’t like eating avocados plain? Oahu locals are in luck and can find a delicious burger or sandwich featuring this beneficial food seven days a week for lunch or dinner. For any questions about the menu, call (808) 637-6067.