

Avocado was called the best anti-inflammatory product for adding to sandwiches

Avocado is one of the best products to combat inflammation. As well as oily fish, nuts, dark leaf greens. Of the half of this fruit, you will receive 5 g of fiber, which has many healthy properties.

Fiber in avocado helps to improve intestinal microbias and maintain healthy weight. Also, this fruit, in the composition of the diet useful for the heart, protects from oxidative stress and reduces inflammation. Finally, from avocado you will get a lot of potassium, magnesium, mono-saturated fats - substances that improve blood pressure and cholesterol.



Victor Protasio

To choose the perfect avocado, follow several rules. The skin of the fruit should be dark green or black, without stains. When pressed, the fetus should crumble slightly. All these are signs of perfectly ripe and delicious avocados.

After cutting the fruit, it is important to know how to store it so that the pulp does not black. Firmly wrap the fetus in the food film and put it in the refrigerator. Entire ripe avocados

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also need to be kept in the refrigerator.

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