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Medicinal uses of avocado seed pdf

Avocados are hugely popular these days and have made their way onto menus all over the world. They are super nutritious, good in smoothies and easy to include in tasty, raw desserts. Each avocado has a single large seed that is normally thrown away, but some argue that it has health benefits and should be eaten. Others, however, wonder if it is safe to eat an avocado seed. This article explores the potential health benefits of avocado seeds, as well as possible safety concerns. Share on Pinterest The avocado seed is encased in a hard shell and consists of 13-18% of the size of the whole fruit (1). Information about the composition is limited, but it contains a good variety of fatty acids, dietary fiber, carbohydrates and a small amount of protein (2, 3, 4, 5). The seed is also considered to be a rich source of phytochemicals, including substances that plants produce to protect themselves. While some of the phytochemicals in an avocado seed may have antioxidant potential, others may not offer any health benefits (2, 3). The carbohydrates in an avocado seed consist mainly of starch, with their dry weight almost 75% starch. Starch consists of a long chain of sugar, and scientists have begun to investigate its potential use in foods (6). Summary The seed of an avocado consists mainly of fatty acids, carbohydrates in the form of starch and dietary fiber, as well as a small amount of protein and a wide range of phytochemicals. In Nigeria, avocado seed extracts are used to deal with high blood pressure (4). The seeds are considered underutilized, and early research suggests that they may have some health benefits. Below are some potential ways that avocado seeds can benefit your health.Cholesterol: Avocado seed flour has been shown to reduce total cholesterol and bad LDL cholesterol in mice (5). Diabetes: It can reduce blood sugar levels in diabetic rats. An animal study showed that it was as effective as an antidiabetic (7, 8). Blood pressure: Animal studies suggest that avocado seed extracts can help relax blood vessels, which help reduce blood pressure, an important risk factor for heart disease (9, 10). Antioxidant: Test-tube studies on avocado seed extracts have shown that avocado seeds can have strong antioxidant properties (2, 11). Antibacterial: A test-tube study found that it stopped the growth of Clostridium sporogenes, a spore-forming bacteria (12). Antifungal: Avocado seeds have inhibited fungal growth in test tube studies. In particular, it can inhibit Candida albicans, a yeast that often causes problems in the intestine (13, 14). While these findings are promising, note that they are based on test tubes and animal studies. Further human-based research is needed before any conclusions can be made (11, 14). In addition, these studies used most processed avocado seed extracts, not the whole seed itself (7, 11, 13). Summary Studies on avocado seeds suggest that they can reduce the risk of heart disease and fight bacteria and fungi. further research on humans is necessary before any conclusions can be made. There are concerns that some plant compounds in avocado seeds, such as trypsin inhibitors and cyanogenic glycosides, may be harmful (15). Safety tests on avocado seeds are in the early stages and limited to animal studies. A Nigerian study gave rats very high doses of avocado seed extract over 28 days and observed no harmful effects (4). Moreover, based on locals' consumption of avocado seeds, the maximum daily intake of avocado seed extract was estimated to be 1.4 mg per pound (3 mg per kg) body weight in adult humans (4). Another study in mice found that avocado seed extract showed no toxicity when ingestion into concentrations up to 227 mg per pound (500 mg per kg) body weight per day. Mice ingestion of this or a higher level of avocado seed extract died within 24 hours (16). There are also concerns that avocado seed oil can cause harm, as it has been shown to increase enzymes and fat build-up in the livers of rats (17, 18). Currently, there is not enough evidence to be assured that avocado seeds are safe for human consumption, as the research has so far been carried out in animals. Also, the extraction process used in the studies can change its effects on your body. Summary Research on the safety of avocado seeds is sparse. It can be harmful to mice and rats in very high doses, and it is unknown whether it is safe for human consumption. Avocado seeds are very hard and must be cooked before they can be eaten. First, they must be dried out in the oven at high temperature for a few hours. Some dry the seeds in the oven for two hours at 121°C. When the seed is dehydrated, it can be cut and placed in a blender or food processor until it forms a powder. The powder can then be added to smoothies or used in teas, sauces or dips. However, drying the seed can reduce its antioxidant content, so you can not reap the benefits you expected. Note that the seed is bitter. If you're going to add it to your smoothie, be sure to balance it with a little sweetness by including fruit, such as a banana or some strawberries. Importantly, there is no evidence to show that avocado seeds are safe to eat. It's probably a better idea to have a cup of green tea or handful of berries, rather than taking a risk. If you decide to try avocado seeds, it may be best to just eat it occasionally to reduce the likelihood of harmful side effects. Summary Avocado seeds must be dried out, chopped and mixed before they can be eaten. However, the drying process can significantly reduce the antioxidant content. While animal and reagent-tube studies have found some benefits of avocado seeds, evidence to suggest health benefits in humans are lacking. Animal studies also show that high amounts can cause negative side effects, although no human-based studies have examined their safety. It is not currently recommended to eat avocado seeds. If you decide to try avocado seeds, keep your intake until to reduce the risk of possible side effects. Page 2/Written by Arlene Semeco, MS, RD on June 21, 2019Avocados can be added to many recipes to give your meals a nutritional boost. Only 28 grams provide good amounts of healthy fats, fiber and protein. Avocados can also help heart health, weight control, and healthy aging (1, 2). Here are 23 interesting ways to add avocado to your diet. Share on PinterestWe include products that we think are useful to our readers. If you buy via links on this page, we can earn a small commission. Here's our process. The easiest way to enjoy avocados is by sprinkling them with a pinch of salt and pepper. You can also try other spices such as paprika, cayenne pepper, balsamic vinegar or lemon juice. A quick way to season an avocado is to cut it into pieces and drizzle it with a little olive oil, balsamic vinegar, pepper and salt. If you're looking for more nutritious morning meals, try incorporating avocado into your breakfast. One way to do this is to fill half an avocado with one egg and bake at 220°C until the egg white is completely ready. You can also top the avocado with crumbled, boiled bacon and season it with fresh herbs and spices such as parsley, cayenne pepper, salt and plain pepper. Moreover, you can replace the eggs with other ingredients, such as tuna, chicken, vegetables and fruits. A simple online search will give you many stuffed avocado recipes to choose from. If you want to give a regular morning dish a twist, incorporate a little avocado into scrambled eggs. Just add diced avocado to your eggs while they cook in a pan. Be sure to do this when the eggs are half cooked to avoid burning avocados and continue to cook them until the avocado is hot. If you prefer cooler avocado, add it after the eggs are cooked and off the stove. Finish the dish by topping it with a little shredded cheese and seasoning it with salt and pepper to taste. It is possible to replace ordinary toppings such as butter and margarine with avocado. Use puréed avocado as a spread on toast and sandwiches also add extra vitamins and minerals to your meal. Guacamole can be among the most famous Mexican dishes. You can do it using only avocados, herbs and spices, or you can combine it with other excellent ingredients such as corn, pineapple, broccoli and quinoa. Avocados can be an ideal substitute in dishes that use mayonnaise as a binder ingredient. For example, you can use avocados to make tuna, chicken or egg salads. Research shows that the extra calories from fat and fiber in avocados can help keep you fuller for longer, which can reduce calorie intake at subsequent meals (3). Since salads can be light in calories, adding avocados can make them a more hearty meal. Another excellent way to enjoy avocados is in soups. Avocados can be used as the main ingredient to make avocado soup, or you can add pieces of this green fruit to other soups. You can find many nutritious soup recipes that avocado online. These soups can often be enjoyed cooled or warm. Avocados can be perfect for dishes that are usually made with sour cream. For example, you can make baked potatoes topped with mashed potatoes and shredded cheese. Another option is to make a dairy-free sour cream substitute by mixing: 2 avocado juice of 2 limes2 tablespoons (30 ml) of water2 tablespoons (30 ml) olive or avocado oila pinch salta pinch pepperSushi is a staple in Japanese cuisine. It is usually made using rice, seaweed and fish or shellfish. But avocados are widely used in sushi rolls as well. They have a creamy mouth feel and can be used to fill or top sushi rolls. Avocados can also be grilled, making them a great side dish, especially for grilled meat. Just cut an avocado in half and remove the seed. Sprinkle the halves with lemon juice and brush them with olive oil. Put the cut side down on the grill and cook for 2-3 minutes. Finally, season them with salt and pepper or other spices of your choice. Avocado pickles are delicious and can be used in any dish where you will usually use avocados, such as salads and sandwiches. To make them, put 1 cup (240 ml) of white vinegar, 1 cup (240 ml) of water and 1 tablespoon of salt in a saucepan and bring to the boil the mixture. Then pour the mixture into a jar and add three cubes, immature avocados. Finally, cover them with a lid and let them marinate for a couple of days before eating. The pickling solution can be flavored with different ingredients such as garlic, fresh herbs, mustard seeds, peppercorns, or chilli. Avocado french fries can make a delicious side dish, appetizer, or substitute for regular potato fries. They can either be deep-fried or, even better, baked for a healthier version. You can enjoy avocado fries with various dipping sauces, such as ketchup, mustard, aioli, or ranch. Avocados are a great addition to many recipes. For example, avocado slices are perfect for topping sandwiches, burgers and even pizza. They are also great for sprinkling on typical Mexican dishes such as tacos and nachos. Smoothies can be a perfect meal or snack substitute. You can combine avocado with green, green vegetables such as kale and fruits such as banana, pineapple or berries. In addition, for a protein-packed drink, try adding protein powder, Greek yogurt or milk. For a quick smoothie, mix the following: 1 ripe avocado, halved and pitted1/2 banana1 cup (240 ml) milk1/2 cup (125 grams) vanilla Greek yogurt1/2 cup (15 grams) spinach to taste The options are endless when it comes to smoothies, and you can find countless recipes online or in specialized books. Avocado ice cream can be a healthier and more nutritious option than regular ice cream. It can be done by combining avocado, lime juice, milk, cream and sugar. For a lighter option, you can substitute milk and cream for almond or coconut milk and sugar for honey. In addition, avocado ice pops are a delicious and refreshing way to keep you cool on hot days. Shop dressings can add lots of sugar and unhealthy vegetable oils to your salad. Making your own dressing is always recommended to keep the salad nutritious and low in calories. Salad dressing made with avocado not only has a uniform consistency, it is also delicious and full of nutrients. Simply mix together the following ingredients and add more water as needed to adjust the consistency: 1/2 avocado1/2 cup (120 ml) water3/4 cup (12 grams) chopped coriander juice of 1 lime1 clove garlic1/4 cup (60 grams) Greek yogurt1/2 teaspoon salt1/4 teaspoon ground black pepperAvocado can be used as vegan substitute for abbreviation, butter, eggs, and oils in baking. This substitution can reduce the caloric content of foods. For example, 2 tablespoons (30 grams) of avocado has only 48 calories, compared to 200 calories for the same serving of butter (4, 5). In addition, it is easy to exchange in avocado, as 1 cup (230 grams) of oil or butter corresponds to 1 cup (230 grams) of mashed avocado. In addition, 1 egg corresponds to 2-4 tablespoons (30-60 grams) of mashed avocado. Avocados are often used to make chocolate cakes, brownies, mousse and pudding, as the green color will be hidden in the dark chocolate color. Avocados are a great ingredient for making bread. Replace it by making your favorite banana bread recipe with avocado instead of bananas. Alternatively, hold the bananas, add cocoa powder and replace butter or oil with avocado for a delicious chocolate-avocado banana loaf. Hummus is a nutritious dish that is usually made with chickpeas, olive oil and tahini. Chickpeas are an excellent source of protein and fiber, and tahini and olive oil provide unsaturated and polyunsaturated fats (6, 7). Adding avocados to this mixture can increase fiber and healthy fat content in the dish. Moreover, the avocado contributes to the creaminess of the hummus. Avocados can be used to make a delicious and creamy avocado sauce for pasta dishes. Vegetables that go well with this sauce include tomatoes and corn. Moreover, you can add a spin to your mac and cheese by incorporating avocado into the recipe. Pancakes are high in carbohydrates, but adding avocados can provide extra nutrients, vitamins and minerals. These pancakes also have an attractive green color and creamy, thick consistency. In addition, you can add fruits such as blueberries to increase the nutritional content of pancakes. Avocados can be used to make incredible cocktails such as margaritas, daiquiris or martinis. Although they are all made differently, they have a similar creamy consistency. Non-alcoholic versions of these drinks can be made by simply omitting the alcohol. Eating avocados has been shown to benefit your health in various ways. They are surprisingly easy to incorporate into recipes, which contribute to both texture and nutritional content in many meals. Meals.