

# Healthy Habits

## from Prime of Life Fitness

### Healthy Swaps with Avocados

Creating a lifetime of healthy habits is all about making small, sustainable changes that add up over time. One awesome tool for healthy swaps in the kitchen is the luscious avocado. As fruits and vegetables go, avocados are quite high in calories and fat, so swapping an avocado for a green pepper might not be such a great idea. But since the fat in avocados is mostly heart-healthy monounsaturated fat, avocados can be a terrific substitute for less healthy fats in your diet.

Let's see how they stack up.

One ounce of avocado (about 1/5, or a healthy slice) has 50 calories, 4.5 g total fat, and .5 g of saturated fat (the rest is heart-healthy poly- and mono-unsaturated fats)

One ounce of butter (about 2 T) has 201 calories, 23 g total fat and 14 g saturated fat.

One ounce of soybean-oil mayonnaise has 201 calories, 22 g total fat, and 3 g saturated fat.

One ounce of cheddar cheese (one thin slice) has 113 calories, 9 g total fat and 6 g saturated fat.

Let's say each week for a year you swap out 1 oz of mayo, 1 oz of butter and 2 oz of cheese with equal amounts of avocado. Over the course of a year, you'd save 329 calories per week for a grand total of 17,108 calories saved. That equates to about 5 pounds of fat off your hips, just with that one substitution.

You'd also save 2340 grams of total fat and 2392 g of saturated fat each year you make that swap. Imagine how much your heart and arteries would enjoy being free of that burden!



Now, you may not want to spread straight avocado on your morning toast, but you might try a half butter, half avocado mixture: Whirl together equal parts avocado and softened butter in your blender or food processor with just a couple of drops of lemon juice. Store in the refrigerator with cling wrap sitting right on the surface. Believe it or not, you can also substitute this mixture for butter in most baked goods.

Besides being a healthy alternative to saturated fats, avocados are also rich in fiber (2 g in that one little slice) Vitamin E, folic acid and potassium. Trading avocado for saturated fats in your diet won't tip the scale this week, but over the course of a year this small change can add up to big benefits for your weight and your heart health.

**Action Item:** C'mon. You're dying to try avocado spread on your toast or as a creamy substitute for mayo in your tuna salad.

For more tips on how to get and stay healthy at any age, check out the [Fitness Over 40 blog](#) at [PrimeofLifeFitness.com](http://PrimeofLifeFitness.com).



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