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**Subject** – Are You Missing the Miracles of Avocado

Hello Paleolithic Pals,

We are always talking about the king of paleo diet i.e. the meat and its benefits. Today, we are going to discuss a few interesting things about the Prince of Paleo – none other than Avocado. Unlike meat, Avocado is a fruit and can be equally consumed by vegetarians and vegans. So, if our vegan friends thought we are leaving them out lately, consider this email an apology and a perfect compensation.

So, today, it’s all about Avocado. Many people argue that it is not an original member of paleo diet, but let us clear that myth. Our Paleolithic ancestors lived in several differ parts of the world, and South America happens to be one of them. This region is also the home for the miracle fruit i.e. the Avocado. It was as much a part of their diet as any meat.

In fact, with modern paleo recipes, it is actually possible to consume it more than our primal fathers did. But, why would you need to consume it more often?

Here are just a few reasons:

* Avocados are considered a superfood as they contain a great amount of essential vitamin and minerals.
* They contain more potassium than bananas. And unlike bananas, they have lower Glycemic Index.
* Free of sodium and loaded with mono-saturated fatty acids, Avocados is a heart-friendly fruit.
* Avocados are powerful anti-oxidant and therefore provide a good defense against cancer.

What else do you need to believe that it is in fact truly your kind of paleo food?

If you want to keep your meat intake lower or negligible, Avocado is one of the best ways to get the right nutrition. So, visit a grocery store and grab yourself a cart full of Avocados now!

We will be right here enjoying our guacamole.

Until next time, bye!

Thanks