

Nutrition Tips

Avocado Nutrition Facts



One-half of an avocado (100g) provides 160 calories, 2g of protein, 8.5g of carbohydrates, and 14.7g of fat.

Avocados are an excellent nutritional source of magnesium, potassium, vitamin C, vitamin E, and vitamin K.

Protein

Protein

Half an avocado provides about 2 grams of protein. While it's not a high-protein food, it can still help you meet your desired protein intake.

Not only are avocado calories high, but most of the calories come from fat. So should you include this fruit in a healthy, balanced diet? Many people do, but if you're watching your calorie and fat intake, you may decide to consume avocados in moderation.



Fats

A whole avocado provides roughly 30 grams of fat, 4.2 grams of saturated fat, almost 20 grams of monounsaturated fat, and 3.6 grams of polyunsaturated fat.² So, while most of the calories in an avocado come from fat, they are mostly in the form of healthier monounsaturated fat.



Monounsaturated fatty acids or MUFAs come from plant sources and may be helpful in lowering LDL or "bad" cholesterol. For this reason, the Academy of Nutrition and Dietetics recommends that choosing foods with monounsaturated fats instead of saturated fat.



Cheese nutrition

- Cheese contains fat, protein, and calcium. Dairy is also packed with anti-inflammatory-, vitamin D-, and immune system-supporting B vitamins.



It supports bone health



Calcium keeps your bones strong.



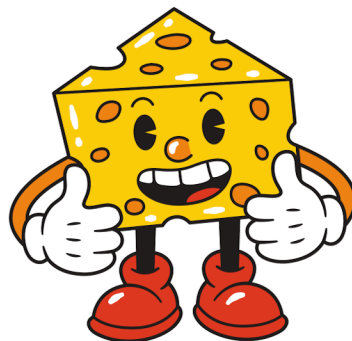
And did you know that nearly 30 percent of Americans don't get enough of the stuff? Cheese to the rescue!

All cheese has calcium. But if you wanna get the most bang for your bite, nosh on Parmesan and Swiss cheeses.

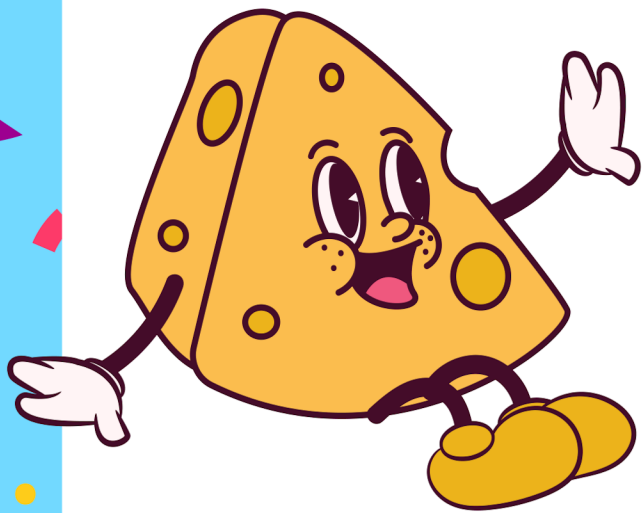
It could improve muscle strength and recovery



• Yep, Gruyere = gainz. Same for Parmesan, mozzarella, and dozens of other creamy cheeses.



Dairy products like cheese nourish your body with amino acid-rich protein. Your body uses protein for everything from muscle recovery to injury repair.

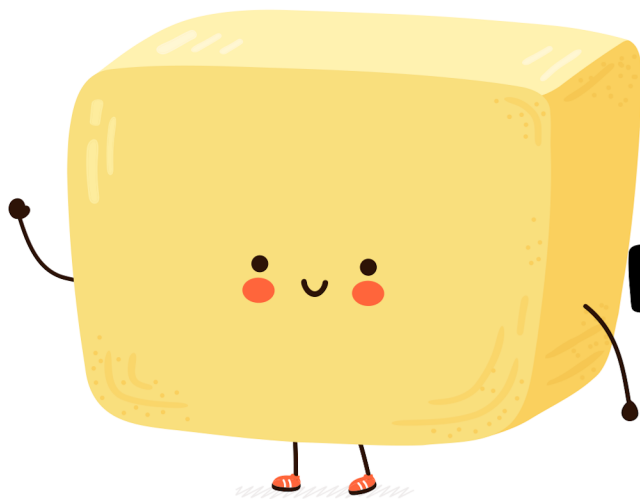


Ounce for ounce, Parmesan packs in the most protein.



It's good for your teeth.





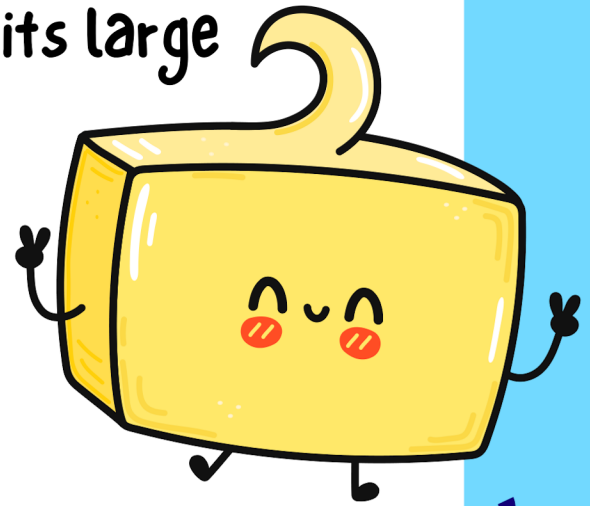
Butter Facts

Butter is a dairy product made from cow's milk. It is composed of milk fat separated from other milk components, and it has a rich flavor and is widely used as a spread, as well as for cooking and baking 12.



One tablespoon (14 grams) of salted butter contains 102 calories, 11.52 grams of fat, 7.29 grams of saturated fat, 2.99 grams of monounsaturated fat, 0.43 grams of polyunsaturated fat, and 0.47 grams of trans fat.

Butter also contains vitamins A, D, E, and K2 3. However, it is not particularly nutritious when considering its large number of calories.



Due to its high saturated fat content, it has been blamed for increased risk for weight gain and heart disease. It is recommended to consume butter in moderation.

DIET LIST



One teaspoon has 4 grams of fat (2.5 grams saturated fat), so add it to your diet on a weekly basis rather than on a daily basis

Apple Nutrition Facts



Carbs in apples

Apples are mainly composed of carbs and water. They're rich in simple sugars, such as fructose, sucrose, and glucose.

Despite their high carb and sugar contents, their glycemic index (GI) is low, ranging 29–44.



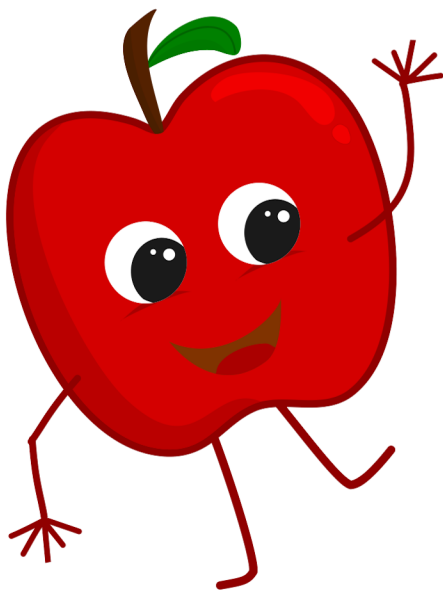
The GI is a measure of how food affects the rise in blood sugar levels after eating. Low values are associated with various health benefits.

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Apples are very rich in fiber. A single medium-sized apple (182 grams) contains 4.37 grams of fiber, a trusted source of this nutrient, which is approximately 16% of the Daily Value (DV) trusted source.



A portion of their fiber comes from insoluble and soluble fibers called pectin. Soluble fiber is associated with numerous health benefits, partly because it feeds the friendly bacteria in your gut.