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Study shows avocados improve gut health



Adding the green fruit to your daily diet can improve the diversity of your gastrointestinal microbiome

Eating avocado every day may benefit gut health according to a new study by researchers at the University of Illinois.

The research, funded by the Hass Avocado Board, found that daily avocado intake led to an increase in microbial diversity and a higher concentration of the microbiomes that work to break down fibre, which help produce the metabolites that support our overall gut health.

The trial followed the health and diets of 163 overweight adults. One

group was asked to eat one Hass avocado a day and the other group was not.

In the participants who ate one avocado per day for 12 weeks, the researchers observed positive changes in gut bacteria, including increased bacterial diversity.

"We know eating avocados helps you feel full and reduces blood cholesterol concentration, but we did not know how it influences the gut microbes and the metabolites the microbes produce," said lead study author Sharon Thompson.

The study authors noted that avocado is also high in fibre and that research has shown high-fibre foods to be good for digestive health.

The link between gut microbiomes and better health has been proven in several studies, and fruit and vegetables are believed to play a crucial role in improving gut health.

A less diverse gut microbiome has been linked to the development of obesity and many health problems.