

# Avocado Oil



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Avocado Oil is an antioxidant-rich mostly monounsaturated fat with a similar profile to olive oil. It can also be used for high heat cooking, unlike olive oil which is best at low temperatures. The highest quality avocado oil comes from cold-pressed, unrefined sources. Its beautiful green color indicates a high chlorophyll and carotenoid content with anti-inflammatory and free radical scavenging properties. Preliminary studies have indicated that avocado oil may be useful for the support of mitochondrial function, improving cholesterol, and reducing complications associated with diabetes. It also enhances the absorption of other phytochemicals such as lycopene.

