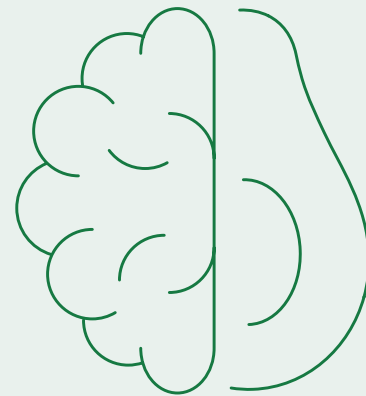


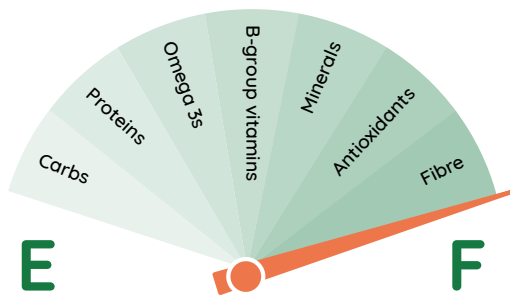
# Avocados for better brain health

Avocados are a great-tasting green, with essential nutrients and phytonutrients to keep your brain healthy and naturally boost your mood.



## The hungry mind

A healthy brain needs a range of nutrients for optimal function and psychological wellbeing. The right foods can help you feel energised, optimise your outlook on life and fuel mental performance. The nutritional goodness in avocados can help.



- **Antioxidants:** **vitamin C**, **vitamin E**, **carotenoids** and **polyphenols** help protect the brain which is susceptible to oxidative damage due to its fast metabolism.<sup>3</sup>
- **Fibre:** reduces brain inflammation<sup>2</sup> and optimises gut bacteria<sup>3</sup>, nurturing the ‘second brain’ (the gut) and the gut-brain connection that influences psychological wellbeing. For more information about **fibre**, go to the Australian Avocados [Go with your Gut Patient Resource](#).

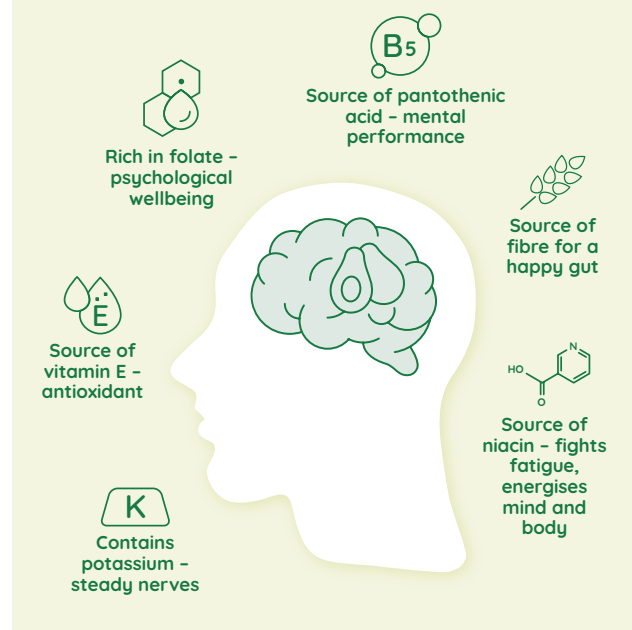
The nutrients **highlighted** above are available at 10% RDI or more, per serve of avocado.

## Nutrients for the brain and mind<sup>1</sup>

- **Carbs and proteins:** carbs fuel the brain and tryptophan from protein helps make serotonin, the body’s mood stabiliser. Low serotonin levels can contribute to depression.
- **Omega 3 fats:** used to build brain and nerve cells that collect, process, analyse and store information. Inadequate omega 3 may increase the risk of mental health disorders such as depression, cognitive decline and dementia.
- **B group vitamins:** vitamins B1, B2, **B3 (niacin)**, B6, B12, **folate**, **pantothenic acid** and biotin help release the energy from carbs to fuel the brain. Adequate folate, B6 and B12 are essential for good brain function, and deficiencies can lead to depression and cognitive impairment.
- **Minerals:** calcium, copper, iodine, iron, magnesium, **potassium** and zinc are required for brain development, cell communication, cognition and psychological and neurological function. They also combat tiredness and fatigue.

## Mindful avocado

Avocados are packed with brain and mind-boosting nutrients – vitamin E, folate, niacin, pantothenic acid, potassium and dietary fibre. These all combine to make avocado a good mood food.



## Avocado boosts cognition

Avocado may help maintain brain function during aging. Older people who eat avocado perform better in cognition tests (working memory and problem solving) than those who don't.<sup>4-6</sup>

## Great for hearts and minds

What's good for the heart is also good for the brain, so avocado does double duty.<sup>7</sup> Avocado contains natural antioxidant compounds such as polyphenols, flavonoids, tannins, beta-carotene, lutein and vitamin E. Together, they reduce oxidative stress and inflammation which can have a positive effect on physical and mental wellbeing.<sup>3</sup> Healthy foods containing monounsaturated fats - such as avocados, olive oil and nuts - help reduce the risk of heart disease, type 2 diabetes and cognitive decline.<sup>4</sup> Avocado's healthy fats also help reduce oxidative stress.<sup>8</sup>

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## Fresh food happiness

Eating more fruit and vegetables can reduce stress and increase happiness, optimism, life satisfaction and psychological wellbeing at any age.<sup>9-11</sup> Green and yellow vegetables also seem to be important for adolescent mental health,<sup>11</sup> so encourage teens to 'go for green and gold' with avocado.



Increase happiness

Increase optimism

Increase life satisfaction & psychological wellbeing

Reduce stress



Visit this website for more information on avocados as a Good Mood Food: [thegoodmoodfood.com.au](http://thegoodmoodfood.com.au)

## Avocado and salmon are both brain and mind foods – the perfect plate partners

Omega 3s in salmon and folate, niacin and pantothenic acid in avocados combine to make this recipe a delightful and smart choice. Enjoy for breakfast, brunch or lunch.

### Smoked Salmon and Avocado Toast



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