

## Avocados are Good for Your Eyes and Cognition

We have all enjoyed Avocados in salads and some of us have been treated to smashed Avocados on toast, but did you know that Avocados offer a little known, but important, benefit for your eyes.

**New research shows that Avocados are a significant source of lutein and Avocados significantly boost lutein concentrations in your brain with corresponding improvements in cognitive function.**



**Lutein** is a **carotenoid** that's excellent for your brain and it accumulates in the macular region of your eye's retina.

Macular pigment is largely comprised of lutein and another carotenoid, zeaxanthin, and plays an important role in filtering blue light, while also offering **antioxidant** and **anti-inflammatory** properties.

Considering that one Avocado contains about 0.5 milligrams (mg) of lutein, researchers were interested to know if eating one Avocado a day could benefit cognition.

In a six month trial, 48 adults consumed either one Avocado, one Potato or one cup of Chickpeas daily -- the latter two options serving as control options, since they contain no lutein.

At the end of the study, lutein levels in the avocado group increased by 25%, compared to 15% in the control group (which may have been due to unreported dietary changes that took place during the study). However, the Avocado group also had an increase in macular pigmentation after six months, while the control group did not.

Along with improvements in memory, those eating one Avocado a day had improved sustained attention, working memory and efficiency in approaching a problem. This led researchers to conclude, "Dietary recommendations including Avocados may be an effective strategy for cognitive health".

Geoff

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