

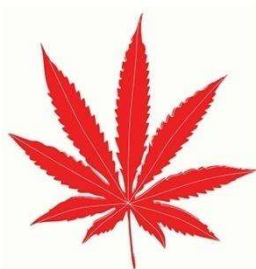


11th Pak Pharma Healthcare Expo

3rd Pakistan Food -Nutrition International Summit 2022

Wednesday - December 21-22, 2022

Pak-China Friendship Centre, Garden Avenue, Islamabad, Pakistan.



Conference Abstract

AVOCADO OIL FOR HEART HEALTH

Imrana Gull, Samreen Shabbir, Sumbal Mehbob, Asim Masood, Arifa Siffat

Institute of Food Science and Technology, PMAS Arid Agriculture University, Rawalpindi, 46000, Pakistan.

History:

Received: December 5, 2022
Reviewed: December 13, 2022
Accepted: December 17, 2022
Published: December 20, 2022
Collection year: 2022
Status: Published

Identifiers and Pagination:

Year: 2022
Volume: 12
First Page: 30
Last Page: 31
Publisher ID: 10.21065/1925-7430.12
doi: <http://dx.doi.org/10.21065/1925-7430.12>

Correspondence:

Imrana Gul, Institute of Food Science and Technology, PMAS Arid Agriculture University, Rawalpindi, Pakistan. E: imranamano3705@gmail.com

Citation:

Imrana Gul. Avocado Oil for Heart Health. Can J App Sci. Vol. 12. 2022. p 30-31. doi <http://dx.doi.org/10.21065/1925-7430.12>

Abstract

Avocado is a fruit which had a caloric density of 1.7 kcal per gram and a half unit (~70 g) is composed with the aid of 114 kcal, 4.6 g of fibers, 345 mg of potassium, 19.5 mg of magnesium, 1.3 mg of vitamin E and 57 mg of phytosterols. Approximately 75% of fiber's avocado contents are taken into consideration insoluble and 25% are soluble. The avocado includes lipids that consist of 71 % from monounsaturated fatty acids (MUFA), 13% from polyunsaturated (PUFA) and 16% from saturated fatty acids (SFA). Recent researches have shown that avocado may additionally improve hypercholesterolemia and can be useful in the remedy of hypertension and type 2 diabetes mellitus (T2DM). This manner, avocado plays an vital function inside the heart health. Avocado oil is a coronary heart-healthful oil, high in oleic acid, that is an unsaturated fats. It incorporates nutrition E. As avocado oil is a great source of monounsaturated fat, which has been connected to reducing LDL cholesterol and growing HDL cholesterol. The replacement of certain fats-containing ingredients with avocado could result in decrease chance of CVD. This overview summarizes the potential benefits of avocado intake in the prevention of cardiovascular danger factors and metabolic diseases.

Keywords: Avocado, Oil, Health

Ethics approval and consent to participate: No ethical approval needed for this research work.

Funding:

The authors received no direct funding for this research.

Competing Interests:

The authors declare no competing interests

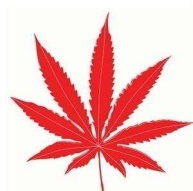
Additional information is available at the end of the article.

Consent for publication: Author is agreed to submit this abstract for publication in this research journal.

Availability of data and materials: The information and data collected and/ or incorporated in this study is included in this manuscript.

Declaration

The abstract is reviewed and accepted by the Conference Organization Committee of 11th Pak Pharma Healthcare Expo. The presenter was permitted to share his research after final approval of the committee. The scientific research information was presented at 3rd Pakistan Food -Nutrition International Summit 2022 held on December 21-22, 2022 at Pak-China Friendship Centre, Garden Avenue, Islamabad, Pakistan. Hence, the journal is publishing this abstract on behalf of the aforesaid Conference Organization Committee.



© 2022 The Author(s). This open access article is distributed under a Creative Commons Attribution (CC-BY) 4.0 license.

You are free to: Share - copy and redistribute the material in any medium or format. Adapt - remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Under the following terms: Attribution - You must give appropriate credit, provide a link to the license, and indicate if changes were made. You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. No additional restrictions. You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits.