

## Comparison of Nutritional Value of Bananas vs Avocados

	Banana ( 1 cup, mashed)	Avocado (1cup diced)
Calories	225	240
Total Carbohydrate	51.4g	12.8g
Dietary Fiber	5.9g	10.1
Starch	12.1g	.2g
Sugars	27.5g	1.0g
Total Fat	0.7g	22g
Saturated Fat	0.3g	3.2g
Monounsaturated Fat	0.1g	14.7g
Polyunsaturated Fat	0.2g	2.7g
Protein	2.5g	3.0g
Total Omega-3 fatty acids	60.8mg	165mg
Total Omega-6 fatty acids	103mg	2534mg
Calcium	11.3mg	18mg
Iron	0.6mg	1.8mg
Potassium	80mg	727mg
*Estimated Glycemic Load	18	3
**Inflammation Factor	-115	116

\* A typical target for total Estimated Glycemic Load is 100 or less per day. If you have diabetes or metabolic syndrome, you might want to aim a little lower. If you are not overweight and are physically active, a little higher is acceptable.

\*\*The IF (Inflammation Factor) Rating™ estimates the inflammatory or anti-inflammatory potential of individual foods or combinations of foods by calculating the net effect of different nutritional factors, such as fatty acids, antioxidants, and glycemic impact. Foods with positive IF Ratings are considered anti-inflammatory, and those with negative IF Ratings are considered inflammatory. The higher the number, the stronger the effect. The goal is to balance negative foods with positive foods so that the combined rating for all foods eaten in a single day is positive

Source: <http://nutritiondata.self.com/facts/>