

NUTRITIONAL VALUE OF THE HASS AVOCADO PULP

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Miguel Ángel Ortega Tovar

Secretary of Agriculture development of Michoacan State. México.

regant@unimedia.net.mx

The present work shows qualitatively and quantitatively all and each one of the nutrients found in the pulp of avocado cv. Hass, classifying them, according to the quantity required by the human organism, as: proteins, lipids, carbohydrates, macro-nutrients, micro-nutrients, oligo-elements and vitamins; vitamins are further divided, depending on their solubility, in water and lipid-soluble; the basic concepts related with metabolism, energy, and human nutrition are reviewed, and the most important functions of those nutrients in the human metabolism are also presented in a synthesized and accessible way.

The importance of aminoacids and essential fatty acids found in avocado is stressed, since they are considered essential due to the difficulty to be synthesized by the human organism from other compounds or elements and, consequently, must be included in the diet.

The daily requirements recommended by RDA on the necessary nutrients for the integral function of the human organism are compared with those present in the avocado pulp, emphasizing the important nutrition value of avocado.

The main objective of this work is to spread the properties of the avocado cv. Hass as an excellent food for current avocado consumers as well as to incorporate all potential consumers of this singular and incomparable fruit.