

Two Good Fats One Breakfast

The science behind why yolk and avocado belong on the same plate.

The Fat Unlocks The Vitamins

Vitamins A, D, E and K need fat to enter your blood. In one study, pairing avocado with carrot or tomato sauce raised carotenoid absorption between two and twelve times over, depending on the measure.

Source: [PubMed](#), [The Journal of Nutrition](#)

Two Good Fats, One Plate

Avocado's fat is mostly monounsaturated, the kind that can help lower LDL cholesterol. Paired with egg yolk, breakfast leans toward the heart friendly side.

Source: [Cleveland Clinic](#)

Choline Meets Potassium

Egg yolk is one of the richest food sources of choline, which supports the brain, liver and cell membranes. Avocado adds potassium to the plate as well.

Source: [Cleveland Clinic](#)

A Complete Protein, Simple Math

One egg carries six grams of protein and all nine essential amino acids for about seventy calories. That is the amino acid set your body cannot make on its own.

Source: [Harvard Health Publishing](#)

The Fibre Eggs Don't Have

A medium avocado carries about ten grams of fibre, food for the good bacteria living in your gut. Eggs bring none, so the pairing covers both bases.

Source: [Harvard T.H. Chan School of Public Health](#)

IN SHORT

A good egg and a ripe avocado turn an ordinary Multan morning into a genuinely complete breakfast.

References

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4. [Harvard Health Publishing](#) <https://www.health.harvard.edu/diet-and-nutrition/eggs-protein-and-cholesterol-how-to-make-eggs-part-of-a-heart-healthy-diet>
5. [Harvard T.H. Chan School of Public Health](#) <https://nutritionsource.hsph.harvard.edu/avocados/>



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