

wholly guacamole nutrition info

wholly guacamole nutrition info offers valuable insights into the nutritional composition of this popular avocado-based dip. Understanding the nutritional profile of Wholly Guacamole is essential for individuals seeking healthy snack options or those managing dietary needs. This article delves into the macronutrients, vitamins, minerals, and caloric content found in Wholly Guacamole, providing a comprehensive overview. Additionally, it explores the health benefits associated with its ingredients and how it fits into various diets. Whether used as a condiment, dip, or spread, knowing the nutrition facts can help consumers make informed food choices. The following sections will break down the key nutritional components and their implications for overall health and wellness.

- Macronutrient Breakdown of Wholly Guacamole
- Vitamins and Minerals in Wholly Guacamole
- Caloric Content and Serving Sizes
- Health Benefits Associated with Wholly Guacamole
- Considerations for Special Diets

Macronutrient Breakdown of Wholly Guacamole

The macronutrient composition of Wholly Guacamole is fundamental to understanding its nutritional value. This product primarily consists of avocados blended with natural ingredients such as lime juice, salt, and spices. The macronutrients include fats, carbohydrates, and proteins, each contributing to the overall profile.

Fats

Wholly Guacamole is rich in healthy fats, predominantly monounsaturated fats derived from avocados. These fats are known to support heart health by helping to reduce bad cholesterol levels. A typical serving contains approximately 7 to 10 grams of total fat, with the majority being heart-healthy monounsaturated fats. Saturated fat content is minimal, making it a favorable choice for maintaining a balanced fat intake.

Carbohydrates

The carbohydrate content in Wholly Guacamole is relatively low, usually around 3 to 5 grams per serving. This includes dietary fiber, which constitutes a significant portion of the carbohydrates and aids in digestive health. Fiber content typically ranges from 2 to 3

grams per serving, supporting satiety and promoting a healthy gut.

Protein

Protein levels in Wholly Guacamole are modest, generally less than 2 grams per serving. While not a significant source of protein, the small amount contributes to the overall nutritional balance of the product.

Vitamins and Minerals in Wholly Guacamole

Beyond macronutrients, Wholly Guacamole provides a variety of essential vitamins and minerals, primarily sourced from avocados and natural flavorings. These micronutrients play critical roles in maintaining bodily functions and overall health.

Key Vitamins

Avocados are rich in vitamins such as vitamin K, vitamin E, vitamin C, and several B vitamins including folate. Wholly Guacamole retains these vitamins, offering approximately 4 to 6% of the daily recommended intake per serving for vitamin K and vitamin C. Vitamin E contributes antioxidant properties, while B vitamins support energy metabolism and cellular function.

Important Minerals

Minerals found in Wholly Guacamole include potassium, magnesium, and small amounts of iron. Potassium is notable for its role in regulating blood pressure and supporting cardiovascular health. A typical serving provides about 200 to 300 milligrams of potassium, contributing to the daily mineral requirement.

Caloric Content and Serving Sizes

Understanding the calorie content and appropriate serving sizes of Wholly Guacamole is essential for effective dietary planning. The product is moderately calorie-dense due to its fat content but remains a nutritious option when consumed in proper quantities.

Calories per Serving

A standard serving size of Wholly Guacamole is usually two tablespoons, which contains roughly 70 to 80 calories. These calories mainly come from fats, with minimal contributions from carbohydrates and proteins. The calorie content makes it suitable as a healthy addition to meals without excessive energy intake.

Recommended Serving Sizes

Portion control is important when incorporating Wholly Guacamole into a diet. The following guidelines can help manage intake:

- Use 2 tablespoons as a standard serving size for dips and spreads.
- Adjust portions according to dietary goals and meal composition.
- Consider the calorie contribution in the context of daily energy needs.

Health Benefits Associated with Wholly Guacamole

Wholly Guacamole offers several health benefits, largely attributed to its avocado base. The nutrient profile supports heart health, digestive well-being, and provides antioxidant protection.

Heart Health Support

The high monounsaturated fat content in Wholly Guacamole helps reduce LDL cholesterol levels and increase HDL cholesterol, promoting cardiovascular health. Potassium also contributes to healthy blood pressure regulation.

Digestive Health

Dietary fiber in Wholly Guacamole aids digestion by supporting regular bowel movements and fostering beneficial gut bacteria. This can help prevent constipation and promote gut health.

Antioxidant Properties

Vitamins E and C in Wholly Guacamole provide antioxidant effects that help neutralize free radicals, potentially reducing inflammation and lowering the risk of chronic diseases.

Considerations for Special Diets

Wholly Guacamole is suitable for various dietary patterns, but certain considerations apply depending on individual needs and restrictions.

Vegan and Vegetarian Diets

Wholly Guacamole is plant-based and free from animal products, making it an excellent choice for vegans and vegetarians seeking nutrient-dense snacks.

Gluten-Free and Allergy Considerations

The product is naturally gluten-free and does not contain common allergens such as dairy, nuts, or soy. However, consumers should verify packaging for any cross-contamination warnings.

Low-Carb and Keto Diets

Due to its low carbohydrate and high healthy fat content, Wholly Guacamole fits well within low-carb and ketogenic dietary frameworks, supporting fat-based energy metabolism.

Sodium Content Awareness

While generally low in sodium, some varieties may contain added salt. Individuals monitoring sodium intake should review nutrition labels to select options that align with their dietary restrictions.

Frequently Asked Questions

What are the main nutritional components of Wholly Guacamole?

Wholly Guacamole primarily contains avocados, which provide healthy fats, fiber, vitamins C, E, K, and B-6, as well as folate and potassium.

How many calories are in a serving of Wholly Guacamole?

A typical serving size of Wholly Guacamole (about 1/4 cup or 50g) contains approximately 70-80 calories.

Is Wholly Guacamole a good source of healthy fats?

Yes, Wholly Guacamole is rich in monounsaturated fats, which are considered heart-healthy fats that can help reduce bad cholesterol levels.

Does Wholly Guacamole contain any added sugars or preservatives?

No, Wholly Guacamole is made with natural ingredients and does not contain added sugars or artificial preservatives.

How much sodium is in Wholly Guacamole?

A serving of Wholly Guacamole typically contains around 150-200 mg of sodium, depending on the variety and added ingredients like salt or lime juice.

Is Wholly Guacamole gluten-free?

Yes, Wholly Guacamole is naturally gluten-free, making it suitable for those with gluten sensitivities or celiac disease.

Can Wholly Guacamole be part of a low-carb diet?

Yes, Wholly Guacamole is low in carbohydrates and high in healthy fats, making it compatible with many low-carb and ketogenic diets.

What vitamins and minerals are found in Wholly Guacamole?

Wholly Guacamole contains vitamins C, E, K, B-6, folate, and minerals like potassium and magnesium, which contribute to overall health.

Is Wholly Guacamole suitable for vegans and vegetarians?

Yes, Wholly Guacamole is made from avocados and plant-based ingredients, making it suitable for both vegans and vegetarians.

How should Wholly Guacamole be stored to maintain its nutritional quality?

Wholly Guacamole should be refrigerated and consumed by the use-by date to preserve freshness and nutritional quality; freezing is not recommended as it can alter texture and flavor.

Additional Resources

1. *The Avocado Advantage: Unlocking Wholly Guacamole's Nutritional Power*

This book delves into the rich nutritional profile of avocados, with a special focus on Wholly Guacamole products. It explains the health benefits of the healthy fats, fiber, and essential vitamins found in guacamole. Readers will learn how incorporating Wholly

Guacamole into their diet can support heart health, weight management, and overall wellness.

2. Guacamole Goodness: A Nutritional Guide to Wholly Guacamole

Explore the wholesome ingredients and nutrient content of Wholly Guacamole in this comprehensive guide. The book breaks down the macro and micronutrients, providing insights into how each component contributes to a balanced diet. It also offers tips on pairing guacamole with other foods for maximum nutritional benefit.

3. Eating Clean with Wholly Guacamole: Nutrition Facts and Healthy Recipes

This book combines detailed nutrition information about Wholly Guacamole with a variety of healthy recipes. It emphasizes clean eating principles and shows how guacamole can be a nutritious, convenient addition to meals and snacks. The recipes are designed to enhance the natural flavors and health benefits of avocados.

4. Guacamole and Wellness: Understanding Wholly Guacamole's Nutritional Impact

Focusing on the wellness aspects of guacamole, this book explores the role of Wholly Guacamole in promoting a healthy lifestyle. It covers antioxidants, heart-healthy fats, and the importance of fresh ingredients. The book also discusses how guacamole can fit into various dietary plans, including vegan and keto.

5. The Science of Guacamole: Nutritional Insights from Wholly Guacamole

This title offers a scientific perspective on the nutrients found in Wholly Guacamole, explaining how they interact within the body. Readers will gain an understanding of avocado biochemistry, nutrient absorption, and the impact on metabolic health. The book is ideal for those interested in nutrition science and functional foods.

6. Guacamole Nutrition Made Simple: A Wholly Guacamole Handbook

Designed for readers seeking straightforward information, this handbook breaks down the nutrition facts of Wholly Guacamole into easy-to-understand sections. It highlights calorie counts, fat content, vitamins, and minerals, helping consumers make informed choices. The book also includes tips for reading nutrition labels and identifying healthy guacamole options.

7. Avocado Superfood Secrets: Exploring Wholly Guacamole's Nutritional Benefits

This book celebrates the avocado as a superfood and showcases Wholly Guacamole as a convenient way to enjoy its benefits. It details the nutrients that make avocados so powerful, such as monounsaturated fats and potassium. Additionally, it offers lifestyle advice to incorporate guacamole for improved energy and vitality.

8. Wholly Guacamole and Heart Health: Nutritional Facts and Heart-Friendly Tips

Focusing on cardiovascular wellness, this book explains how Wholly Guacamole's nutritional components support heart health. It discusses the role of healthy fats, fiber, and antioxidants in reducing cholesterol and inflammation. Readers will find practical advice on incorporating guacamole into a heart-healthy diet.

9. From Avocado to Table: The Nutritional Journey of Wholly Guacamole

This title traces the path of avocados from harvest to the ready-to-eat Wholly Guacamole products, emphasizing nutritional preservation throughout the process. It educates readers on how freshness and processing affect nutrient levels. The book also includes serving suggestions and nutritional comparisons with other avocado-based foods.

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wholly guacamole nutrition info: *The Fiftysomething Diet* Next Avenue, 2014-01-01 Can you make a resolution to live a healthier and happier life? These days, there's no shortage of weight-loss programs or nutritional advice — media outlets are constantly releasing 'late-breaking' reports about dietary discoveries, many of which contradict previous recommendations. This makes it quite difficult for anyone to know what actions to take. But if you are middle aged, there's an additional obstacle: Very little of what we read and hear is specifically geared to providing dietary and nutritional guidance for people age 50 and over. Yet, midlife is a time when natural physiological changes and the cumulative results of longstanding lifestyle habits demand that we rethink how we eat if we are to remain vital. This eBook from PBS and Next Avenue gathers advice and wisdom from

blogs and articles written for nextavenue.org, a Web site designed for those in this new phase of life that we call Adult, Part 2. Next Avenue's Fiftysomething Diet takes direct aim at the nutritional needs of those in the second stage of adulthood. Each chapter presents dietary suggestions that can maximize physical and cognitive wellness in the face of the normal bodily shifts and increased risk of disease that occur with age. Whether your goal is to shed pounds, boost energy, beat back dementia or generally maintain good health and a sense of well-being, The Fiftysomething Diet points the way.

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