

# 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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foods found on this diet also nourish your skin so you can actually look younger. It's an added benefit that comes as a surprise to many, but it's a scientific fact: Eating certain foods can improve your skin in a variety of ways that give you vibrant color and can even diminish wrinkles. Along with the 7-week meal plan and fitness program, the diet includes more than 90 recipes for breakfast, lunch, and dinner. Throughout, there is abundant, proven advice on overcoming mental hurdles to achieve permanent diet success and ideas on how to personalize the plan to your specific situation by swapping out meals. Get ready to turn back the scale-and the clock!

**wholly guacamole nutrition info:** **The Cosmo Bikini Diet** Holly Corbett, The editors of Cosmopolitan,, 2013-12-31 The Cosmo Bikini Diet is a weight-loss plan designed to get you slim and sexy all over without leaving you feeling unsatisfied, moody, and hungry-for real. In fact, it makes eating well and working out actually feel, well, enjoyable. This 12-week program gives you all the tools you need to drop pounds and get toned without cramping your lifestyle: Monthly real-world eating plans; Hot & Healthy workouts that you can fit into even the busiest of schedules; ideas to up the feel-good moments in your day so you don't use food as a quick fix; and more. You'll lose up to 15 pounds (or more) in 12 weeks without feeling deprived. The meal plans were specially designed by Molly Morgan, RD., Board Certified Sports Specialist Dietitian, the owner of Creative Nutrition Solutions, and author of *The Skinny Rules*, and includes dozens of easy recipes. Each week the reader learns a new get-skinny secret like how to: fuel up on the right carbs, slash sneaky sources of sugar, choose foods that will flatten your tummy! Then customized fitness plan from celebrity trainer Tracy Anderson and Barry's Bootcamp offers a mix of cardio and body sculpting moves to tone your butt, arms, belly, and more! The truth is that reaching your happy weight is not so much about hitting a number on the scale or size tag in your jeans, but about feeling light and lean and strong. It's about getting there without abusing your body with extreme dieting and exercise. It's about eventually walking around-whether in a bikini or not!-with confidence, knowing that you are the healthiest you that you can be.

**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.

**wholly guacamole nutrition info:** Prevention , 2008-12 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss, fitness, health, nutrition, recipes, anti-aging & diets.

**wholly guacamole nutrition info:** **Healthy Foods** Myrna Chandler Goldstein, Mark A. Goldstein MD, 2010-09-02 This book presents research findings about 50 foods that are commonly touted as healthy and educates readers about the medical problems they purportedly alleviate or help prevent. It is always in the best interest of those who market foods to make grandiose claims regarding their nutritional value, regardless of whether actual scientific proof exists to support such a claim. Even diligent and educated consumers often have difficulty discerning facts from mere theory or pure marketing hype. As the incidence of childhood obesity in the United States continues to increase at an alarming rate and food costs skyrocket, this book arrives at a perfect time for

health-conscious consumers, providing an authoritative reference for anyone looking to make wise eating decisions at home, work, school, or in restaurants. *Healthy Foods: Fact versus Fiction* is the result of a collaborative effort between a medical doctor and an award-winning journalist and author on nutrition. This book provides actual research findings to shed light on the true benefits of the most popular health foods—and in some cases, debunk misconceptions surrounding certain foods.

**wholly guacamole nutrition info:** *Eat This, Not That (Revised)* David Zinczenko, 2019-12-31 Indulge smarter with the no-diet weight loss solution. The bestselling phenomenon that shows you how to eat healthier with simple food swaps—whether you're dining in or out—is now expanded and completely updated. Did you know that if you're watching your waistline, a McDonald's Big Mac is better than a Five Guys Cheeseburger? Or that the health promise of the Cheesecake Factory's Grilled Chicken and Avocado Club is dubious? Or that when shopping for condiments, the real winner is Kraft mayo with olive oil instead of Hellman's "Real?" Reading ingredient labels and scrutinizing descriptions on menus is hard work, but with side-by-side calorie and nutrition comparisons and full-color photos on every page, *Eat This, Not That!* makes it easy! Diet guru Dave Zinczenko goes aisle-by-aisle through every major American staple—from frozen foods, cereals, and sodas, to the dairy cases, international foods, and the produce aisle—as well as every chain and fast food restaurant in the country to pick the winners and losers. You'll find more than 1,250 slimming and often surprising swaps, a helpful list of the "worst foods in America" by category, plus testimonials from real people who lost weight simply by consulting Zinczenko's easy-to-follow advice. Now the book that changed the way Americans choose meal ingredients, food brands, and menu options is completely updated—and it'll help satisfy both the appetite and diet goals of even the hungriest reader!

**wholly guacamole nutrition info:** *The 7-Day Flat-Belly Tea Cleanse* Kelly Choi, 2016-06-14 Jump-start your metabolism, turn on your fat-burning hormones, and bring calm to your body and mind with the remarkable, scientifically proven powers of weight-loss teas. Join food journalist Kelly Choi and the New York Times bestselling authors of *Eat This, Not That!* as they unlock the science of tea, and discover how different forms of this healing plant can help change your life. From metabolism-boosting green tea to fat-blocking white tea to the multi-powered chai, you'll learn how to time your tea intake throughout the day, ensuring your body is burning fat and staying strong 24/7. All the while, you'll get to enjoy delicious tea-based smoothies and indulgent dinners (yes, you get to eat on this cleanse!). In just one week, you will lose up to 10 pounds of stubborn abdominal weight and feel leaner and lighter, without grueling exercise reset your metabolism to help make weight-loss long-lasting and automatic sleep more soundly and feel more energized dramatically reduce your risk of diabetes and heart disease beat stress and bring complete calm to your mind Are you ready to look slimmer, healthier, and sexier than you have in years-in just one week' Then you're ready for *The 7-Day Flat-Belly Tea Cleanse*.

**wholly guacamole nutrition info:** *Understanding Food Systems* Ruth MacDonald, Cheryll Reitmeier, 2017-05-25 *Understanding Food Systems: Agriculture, Food Science, and Nutrition in the United States* explores the complex and evolving system from which the United States gets its food. From farm, to home, and everything in-between, the authors use a scientific perspective that explains the fundamentals of agricultural production, food science, and human nutrition that will guide readers through the issues that shape our food system, including political, societal, environmental, economic, and ethical concerns. Presenting the role and impact of technology, from production to processing and safety, to cultural and consumer behavior perspectives, the book also explores the link between food systems and the history of nutrients and diet patterns, and how these influence disease occurrence. Current topics of concern and debate, including the correlations between food systems and diet-related diseases, such as obesity and diabetes are explored, as are the history and current status of food insecurity and accessibility. Throughout the text, readers are exposed to current topics that play important roles in personal food choices and how they influence components of the food system. - Presents the evolution of the US food system, from historical beginnings, to current consumer and political roles and responsibilities - Provides farm to fork



insights on production and consumption practices in the United States - Explores complex topics in call-out boxes throughout the text to help readers understand the various perspectives on controversial topics

**wholly guacamole nutrition info: Ketogenic Diet Simplified** Jill Willink, 2019-03-15

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**wholly guacamole nutrition info:** *Food Business News* , 2007-12

**wholly guacamole nutrition info:** *Good Housekeeping* , 2008

**wholly guacamole nutrition info:** *Practical Paleo, 2nd Edition (Updated and Expanded)* Diane Sanfilippo, 2016-09-06 This book explains why avoiding both processed foods and foods commonly marketed as healthy--Like grains, legumes, and pasteurized dairy--will improve how people look and feel and lead to lasting weight loss. This second edition has been updated to include new information, answer common questions, and make it even easier for you to customize your diet to meet your personal health goals. Includes two new chapters, three new 30-day meal plans, 40+ new recipes, a new guide to special ingredients and where to find them and new additions throughout the book explore new topics, such as when eating low-carb can actually be a problem, how stress affects the adrenal system, and why the government changed its mind about dietary cholesterol. And the organization has been extensively revised to make the valuable information on food and how it affects the body more user-friendly--and easier to apply to your own health needs.--

**wholly guacamole nutrition info:** *Good Housekeeping Magazine* , 2008

**wholly guacamole nutrition info:** *Benn's Media* , 2003

**wholly guacamole nutrition info:** *Chilton's Food Engineering* , 1984-07

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