

wholly guacamole nutrition information

wholly guacamole nutrition information provides valuable insights into the health benefits and dietary considerations of this popular avocado-based dip. Wholly Guacamole is known for its fresh ingredients and convenient packaging, making it a favored choice for consumers seeking nutritious snacks. Understanding the nutrition facts, including calories, fat content, vitamins, and minerals, is essential for those managing their diet or aiming for balanced eating habits. This article explores the detailed nutritional profile of Wholly Guacamole, highlighting its macronutrient composition and potential health advantages. Additionally, it discusses ingredient quality, serving size recommendations, and comparisons with other guacamole products. The following sections will provide a comprehensive overview to assist consumers and nutrition professionals alike in making informed choices about incorporating Wholly Guacamole into their diet.

- Wholly Guacamole Nutritional Profile
- Macronutrients in Wholly Guacamole
- Micronutrients and Health Benefits
- Ingredients and Quality Standards
- Serving Sizes and Calorie Considerations
- Comparison with Other Guacamole Brands

Wholly Guacamole Nutritional Profile

The nutritional profile of Wholly Guacamole reflects its emphasis on fresh, natural ingredients, primarily avocados. Each serving contains a balanced mix of fats, carbohydrates, and proteins, with a focus on healthy fats derived from avocados. The product is designed to provide essential nutrients while maintaining low levels of added sugars and preservatives. Wholly Guacamole nutrition information highlights its suitability as a nutrient-dense snack or condiment. The label typically lists calories per serving, total fat, saturated fat, sodium, carbohydrates, dietary fiber, sugars, and protein content. This comprehensive profile allows consumers to gauge how Wholly Guacamole fits into their daily nutritional goals.

Caloric Content

Wholly Guacamole generally contains around 70 to 100 calories per serving, depending on the specific product variety. The calorie content primarily comes from fat, predominantly monounsaturated fats found in avocados. This moderate calorie count makes it a reasonable addition to meals or snacks without excessive caloric intake.

Fat Composition

The fat content in Wholly Guacamole is largely composed of heart-healthy monounsaturated fats. These fats are beneficial for cardiovascular health and can help reduce bad cholesterol levels. Saturated fat content remains low, aligning with dietary recommendations for healthy fat consumption.

Macronutrients in Wholly Guacamole

Macronutrients are the primary components that provide energy and support bodily functions. Wholly Guacamole nutrition information reveals a macronutrient breakdown focused on fats, moderate carbohydrates, and a small amount of protein. Each macronutrient contributes to the overall health benefits of the product.

Fats

Avocados are known for their high-fat content, and Wholly Guacamole maintains this characteristic. The fats present are predominantly monounsaturated fatty acids (MUFAs), which have been shown to promote heart health and reduce inflammation. The presence of polyunsaturated fats (PUFAs) also supports brain function and cellular repair.

Carbohydrates and Fiber

Carbohydrates in Wholly Guacamole are relatively low, with a significant portion coming from dietary fiber. Fiber is essential for digestive health, aiding in regular bowel movements and promoting a feeling of fullness. The low sugar content makes it an excellent choice for those monitoring their carbohydrate intake.

Protein

While not a primary source of protein, Wholly Guacamole contains small amounts that can contribute to daily protein needs. The protein present complements the macronutrient profile without significantly impacting calorie content.

Micronutrients and Health Benefits

Wholly Guacamole nutrition information extends beyond macronutrients to include various micronutrients that support overall health. These vitamins and minerals contribute to immune function, skin health, and metabolic processes.

Vitamins

Avocados are rich in several vitamins, including vitamin K, vitamin E, vitamin C, and several B vitamins such as folate. Wholly Guacamole retains these vitamins, which are essential for blood clotting, antioxidant protection, collagen synthesis, and energy metabolism.

Minerals

Important minerals found in Wholly Guacamole include potassium, magnesium, and small amounts of iron. Potassium helps regulate blood pressure and fluid balance, magnesium supports muscle and nerve function, and iron is crucial for oxygen transport in the blood.

Antioxidants and Phytochemicals

The presence of antioxidants and plant-based compounds in Wholly Guacamole may help reduce oxidative stress and inflammation. These bioactive compounds contribute to the preventive effects against chronic diseases such as heart disease and certain cancers.

Ingredients and Quality Standards

The quality of ingredients in Wholly Guacamole is a significant factor in its nutritional value. The product emphasizes fresh, ripe avocados combined with natural flavorings and seasonings, avoiding artificial additives and preservatives.

Key Ingredients

- Fresh Hass avocados
- Fresh lime juice
- Onions

- Tomatoes
- Cilantro
- Sea salt
- Jalapeño peppers (in some varieties)

These ingredients are selected to enhance flavor while maintaining a clean-label product that aligns with consumer demand for natural foods.

Manufacturing and Storage

Wholly Guacamole is packaged in single-serve or multi-serve portions that are vacuum-sealed to preserve freshness and nutritional quality. The manufacturing process minimizes exposure to oxygen, which helps prevent oxidation and nutrient degradation.

Serving Sizes and Calorie Considerations

Understanding serving sizes is crucial for accurately interpreting Wholly Guacamole nutrition information. The standard serving size is typically 2 tablespoons, which contains approximately 70 to 100 calories.

Recommended Serving Guidelines

Consuming Wholly Guacamole in moderation can fit well within various dietary plans. It serves as a nutrient-dense addition to meals, providing healthy fats and fiber without excessive calories.

Calorie Management Tips

- Pair Wholly Guacamole with vegetables or whole-grain chips to enhance satiety.
- Monitor portion sizes when using as a dip or spread to avoid unintended calorie surplus.
- Incorporate into balanced meals to leverage its nutritional benefits without overconsumption.

Comparison with Other Guacamole Brands

When comparing Wholly Guacamole nutrition information with other brands, several factors stand out, including ingredient quality, fat content, and added preservatives. Wholly Guacamole typically contains fewer artificial additives and offers a fresher taste profile.

Nutritional Advantages

Wholly Guacamole often has a superior macronutrient balance, with higher monounsaturated fat content and lower sodium levels compared to some competitors. This makes it a healthier option for consumers seeking natural and heart-healthy foods.

Ingredient Transparency

The brand emphasizes clear labeling and clean ingredients, which is a key differentiator in the guacamole market. Consumers benefit from knowing exactly what is included, aiding in making informed dietary choices.

Frequently Asked Questions

What are the main ingredients in Wholly Guacamole products?

Wholly Guacamole products primarily contain fresh avocados, along with ingredients like sea salt, lime juice, and sometimes jalapeños or other natural flavorings depending on the variety.

How many calories are in a serving of Wholly Guacamole Classic?

A typical serving size of Wholly Guacamole Classic (about 2 tablespoons or 30 grams) contains approximately 70 calories.

Is Wholly Guacamole gluten-free?

Yes, Wholly Guacamole products are gluten-free, making them suitable for individuals with gluten sensitivities or celiac disease.

What is the fat content in Wholly Guacamole?

A 2-tablespoon serving of Wholly Guacamole contains around 6 grams of fat, most of which are healthy monounsaturated fats from avocados.

Does Wholly Guacamole contain any added sugars?

Wholly Guacamole products typically contain no added sugars; the flavor comes naturally from the avocados and other fresh ingredients.

How much sodium is in a serving of Wholly Guacamole?

A serving of Wholly Guacamole usually contains about 150 to 200 milligrams of sodium, depending on the specific variety.

Are there any preservatives or artificial ingredients in Wholly Guacamole?

No, Wholly Guacamole is made with all-natural ingredients and does not contain preservatives or artificial additives.

Is Wholly Guacamole a good source of dietary fiber?

Yes, Wholly Guacamole provides dietary fiber, with about 2 grams per serving, contributing to digestive health.

Additional Resources

1. *The Nutritional Power of Wholly Guacamole: A Comprehensive Guide*

This book explores the rich nutritional content of Wholly Guacamole, highlighting its benefits such as healthy fats, fiber, and essential vitamins. It delves into how incorporating this popular avocado-based dip can support heart health, digestion, and weight management. Readers will find detailed breakdowns of macronutrients and micronutrients, along with tips for making healthier food choices.

2. *Guacamole Goodness: Unlocking the Health Benefits of Avocado Dips*

Focusing on the wholesome ingredients found in Wholly Guacamole, this book provides insights into the antioxidant properties and nutrient density of avocados. It includes scientific research on how guacamole can enhance a balanced diet and offers recipes that maximize nutritional value. Ideal for health enthusiasts and culinary adventurers alike.

3. *Wholly Guacamole and Heart Health: The Science Behind the Dip*

This title examines the cardiovascular benefits of consuming Wholly Guacamole regularly. It explains how the monounsaturated fats in avocados contribute to lowering bad cholesterol and improving overall heart function. The book also reviews clinical studies and offers practical advice for integrating guacamole into heart-healthy meal plans.

4. *Avocado Nutrition Essentials: Understanding Wholly Guacamole*

A detailed nutritional profile of Wholly Guacamole, this book outlines the vitamin, mineral, and healthy fat content that makes it a standout superfood. It discusses the role of these nutrients in boosting immunity, skin health, and energy levels. Readers will also learn about portion control and how to read nutrition labels effectively.

5. *Wholly Guacamole in Weight Management: A Nutritional Perspective*

This book highlights the satiety and metabolism-boosting properties of Wholly Guacamole, focusing on its role in healthy weight management. It discusses how the fiber and fats in the dip can help control appetite and provide sustained energy. The author also shares meal planning strategies that incorporate guacamole for balanced nutrition.

6. *The Complete Guide to Guacamole Nutrition Facts and Benefits*

Providing an in-depth look at the nutritional facts of Wholly Guacamole, this guide breaks down calories, fat content, carbohydrates, and protein. It emphasizes the importance of guacamole as a nutrient-dense snack and includes comparisons with other dips and spreads. The book is a handy resource for dietitians, chefs, and health-conscious consumers.

7. *Wholly Guacamole and Digestive Health: Fueling Your Gut*

This book focuses on the digestive benefits of eating Wholly Guacamole, particularly its high fiber content. It explains how guacamole supports gut microbiota and promotes regularity, contributing to overall digestive wellness. Readers will find recipes and tips for incorporating guacamole into meals that support a healthy digestive system.

8. *Superfoods Spotlight: Wholly Guacamole and Its Nutritional Impact*

Highlighting Wholly Guacamole as a superfood, this book reviews its nutrient profile and antioxidant capacity. It discusses the role of guacamole in reducing inflammation and supporting cellular health. The book also features expert interviews and nutritionist-approved ways to enjoy guacamole daily.

9. *Eating Well with Wholly Guacamole: Nutrition Tips and Recipes*

Combining nutrition information with culinary inspiration, this book offers practical tips for incorporating Wholly Guacamole into a balanced diet. It includes easy-to-follow recipes that retain the nutritional benefits while enhancing flavor. Perfect for home cooks looking to eat healthily without sacrificing taste.

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Diet Editors of Good Housekeeping,, 2013-12-31 A delicious and - yes! - proven-to-work big time weight loss plan with cutting edge anti-aging benefits. An innovative weight loss plan for men and women, the 7-week diet is built on the foods science shows delivers anti-aging benefits. Adopt this easy-to-follow plan and you'll have better cholesterol levels, lower blood pressure, an in-control sugar level, a healthier heart, and a leaner body. And another big anti-aging bonus: Studies show many of the anti-aging 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 information: 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 information: 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.

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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

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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!

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