

## The green gold: Super bowl's True MVP.

By Carlos Emilio Hultsch Martínez.

This Sunday, the United States gathered and watched most popular football game in the nation: the super bowl. But it's not the only thing they did. Tell me; What was the best way to enjoy this game? You are right! It was eating a bowl of delicious guacamole with chips! The avocado has been so popular these years is already what was most eaten during the game because, who does not like avocado? The "green gold" as called frequently, is a fruit grown on trees in Central America and Mexico. Avocado is also cultivated in California and is known for its pear shape, green pulp and big seed. It's origin came all the way back when the Indians from Mexico used this fruit to prepare medicine, as the avocado helps control your cholesterol levels, helps prevent the formation of cancer cells, helps grow beautiful hair, and strengths the nails. Avocados contain magnesium and potassium, which are good for the brain. It has fiber to aid in digestion

and, vitamins A, B, C, D, K, and much more (now we know why it was so valued by the natives!) The Mexican Indians used the pulp as a pigment to color their clothes and to refresh themselves because avocado is made up of 67.90% of water. Back into the super bowl mania... Did you know that 10% of all avocados consumed in the US all Year is eaten only in the week of the game? Avocado has been a fan-favorite used as a daily snack and can be used in salads and many other foods not only in guacamole for the super bowl. Instead of arguing who should have won the MVP of the game, know who wins the MVP for its flavor and preference for all fans: The avocado!



Above: Avocado in its natural form.

Below: Famous among football fans “guacamole” served frequently with some chips.