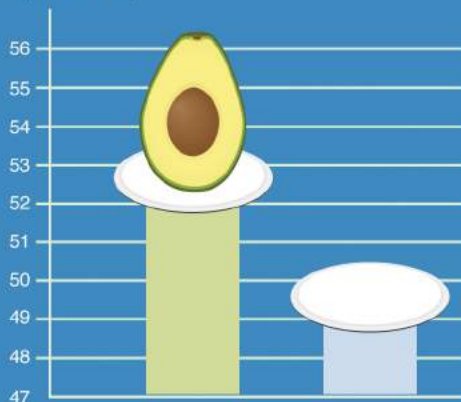


NATIONAL HEALTH AND NUTRITION EXAMINATION SURVEY (NHANES 2001-2008) FINDINGS

AVOCADO CONSUMERS HAD SIGNIFICANTLY HIGHER OVERALL DIET QUALITY THAN NON-CONSUMERS IN RELATION TO HEALTHY EATING INDEX



Score (out of 100)



HEALTHY EATING INDEX

[HEI] (2005)

p=0.0001

Avocado consumers more closely adhere to the Dietary Guidelines for Americans as measured by the Healthy Eating Index (a score of 100 represents 100% compliance)



Avocado Consumers



Non-Consumers

Avocado consumers more closely adhere to the Dietary Guidelines for Americans compared to those who don't eat avocados; avocado consumers had significantly higher Healthy Eating Index (HEI) diet quality scores than non-consumers. HEI is used by the USDA as a measure of diet quality that assesses conformance to federal dietary guidance. A score of 100 would indicate 100% compliance to the US Dietary Guidelines for Americans.

Based on an analysis of data from the National Health and Nutrition Examination Survey (NHANES 2001-2008, 17,567 U.S. adults ages 19 years and older) comparing avocado consumers (347 adults) versus non-avocado consumers, over a 24 hour recording period. The 24-hour dietary recalls may be inaccurate and biased due to misreporting and memory lapses and the findings cannot provide causal evidence between avocado consumption and improvements in diet quality.

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1. Fulgoni VL, Dreher M and Davenport A. Avocado Consumption is Associated with Better Diet Quality and Nutrient Intake, and Lower Metabolic Syndrome Risk in US Adults: Results from the National Health and Nutrition Examination Survey (NHANES) 2001-2008. Nutrition Journal. 2013; 12:1 (2 January 2013)