

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



% Daily Value



Avocado consumers had significantly higher intakes of several important nutrients compared to non-avocado consumers



Avocado Consumers



Non-Consumers

* Nutrient of Concern as defined by the Dietary Guidelines for Americans

N.S. - Not Significant

Avocado consumers had significantly higher intakes of certain important nutrients including 36% more dietary fiber, 23% more vitamin E, 13% more magnesium, 16% more potassium and 48% more vitamin K than non-consumers.

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)