



PROSPECTIVE STUDY EVALUATES AVOCADO INTAKE & IMPACT ON BLOOD PRESSURE

High blood pressure (hypertension) increases the risk for heart disease and stroke, two leading causes of death.¹ Nearly half of adults in the United States (47%, or 116 million) have hypertension; yet only about 1 in 4 adults (24%) with high blood pressure have their condition under control.²

AN OBSERVATIONAL STUDY³ AMONG 67,383 WOMEN FROM THE MEXICAN TEACHERS' COHORT ASSESSED THE RELATIONSHIP BETWEEN EATING AVOCADO AND SELF-REPORTED HYPERTENSION INCIDENCE

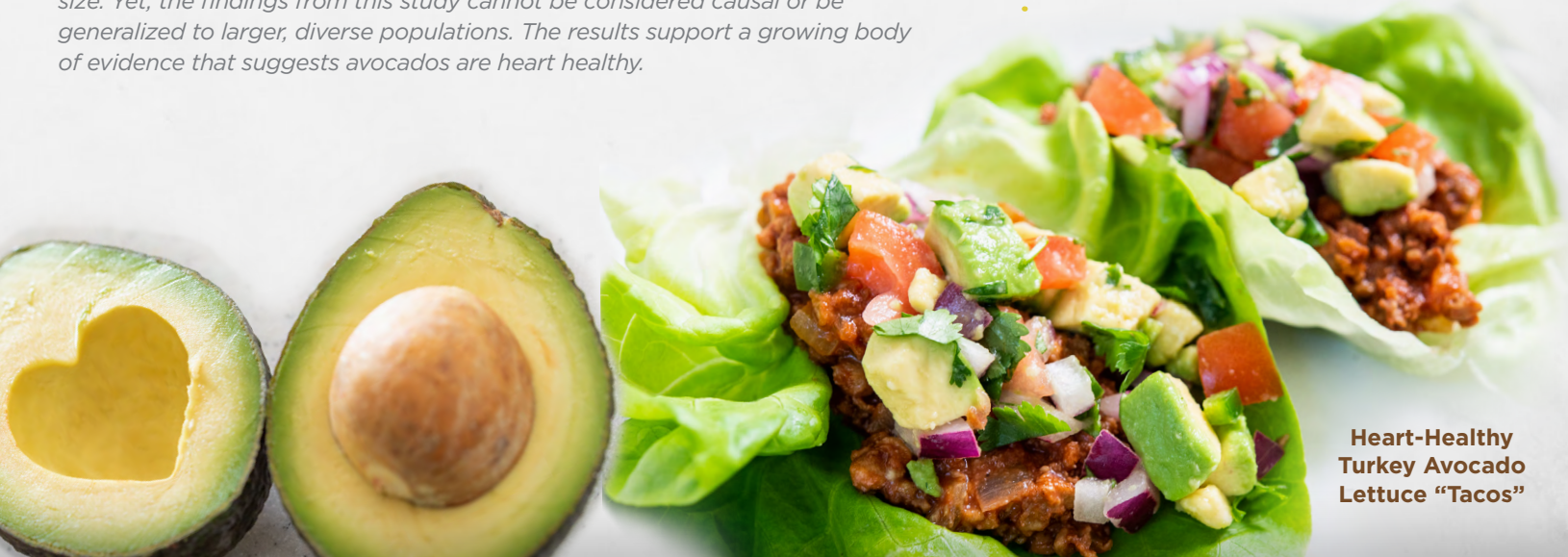
Women with hypertension at the beginning of the study were removed from the analysis. Among this sample, median avocado intake, as determined by a semi-quantitative food frequency questionnaire, was one half of an avocado per week.

Consumption of 2.5 avocados or more a week was associated with a decreased rate of self-reported hypertension, compared to never or rarely (less than or equal to 1 per month) consuming avocado. Those who ate more avocado had higher energy-adjusted intakes of dietary fiber and monounsaturated fat than those who ate less avocado.

Strengths of the study include the prospective design and large sample size. Yet, the findings from this study cannot be considered causal or be generalized to larger, diverse populations. The results support a growing body of evidence that suggests avocados are heart healthy.

HEART-HEALTHY AVOCADO & RISK OF CARDIOVASCULAR DISEASE

The study assessed blood pressure, which is a key risk factor for cardiovascular disease. A lifestyle that includes a healthy eating pattern and physical activity helps keep blood pressure in a healthy range, lowering risk for heart disease and stroke. Eating a variety of foods rich in potassium and fiber, and lower in sodium and saturated fat can help maintain healthy blood pressure levels and provide support against heart disease and stroke.



**Heart-Healthy
Turkey Avocado
Lettuce "Tacos"**

Reference:

- Centers for Disease Control and Prevention, National Center for Health Statistics. About Multiple Cause of Death, 1999–2020. CDC WONDER Online Database website. Atlanta, GA: Centers for Disease Control and Prevention; 2022. Accessed August 23, 2022.
- Centers for Disease Control and Prevention. Hypertension Cascade: Hypertension Prevalence, Treatment and Control Estimates Among U.S. Adults Aged 18 Years and Older Applying the Criteria from the American College of Cardiology and American Heart Association's 2017 Hypertension Guideline—NHANES 2015–2018. Atlanta, GA: U.S. Department of Health and Human Services; 2021. Accessed August 23, 2022.
- Monge, et al. Avocado consumption is associated with a reduction in hypertension incidence in Mexican women. British Journal of Nutrition. 2022.

Avocados are a healthy, **nutrient-dense** vegetable that are **low in saturated fat**, **sodium free**, and provide:



- ✓ **250 milligrams of potassium** (6% DV)
- ✓ **3 grams of fiber** (11% DV)
- ✓ **8 grams total fat** (6 grams unsaturated fat)

per one-third of a medium avocado

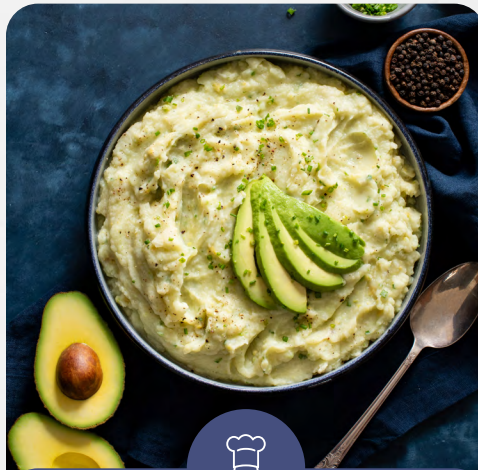
Include delicious, fresh, heart-healthy avocados in meals, recipes, and snacks!



Green Power Smoothie

refreshing, plant-powered pick-me-up

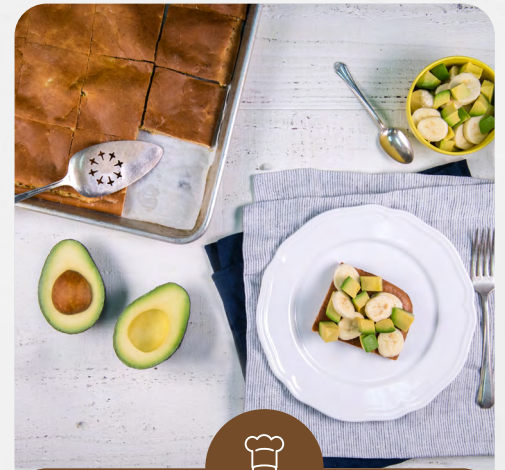
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Creamy Avocado Garlic Mashed Potatoes

A colorful spin on tradition, fresh avocados makes these potatoes creamy.

LoveOneToday.com/MashedPotatoes



Heart-Healthy Sheet Pan Avocado Banana Pancakes

The ultimate weekday time-saver.

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