



AVOCADOS and BRAIN HEALTH AT EVERY AGE

BRAIN HEALTH IS ESSENTIAL AT EVERY AGE.

Throughout life, brain health refers to the ability to remember, learn, plan, concentrate, and draw on information management, logic, judgment, perspective, and wisdom.

Research supports the link between eating certain foods with keeping the brain healthy.

Dietary Patterns and Brain Health Research

A study involving 241 4-year-old children examined the impact of their diet at 6 and 12 months on various cognitive measures.

The dietary pattern characterized by high fruit, vegetable, and home-prepared food consumption, correlated with higher full-scale and verbal IQ, as well as better memory at age 4. These associations persisted after accounting for confounding factors. Other cognitive tests didn't show similar associations with infant dietary patterns.

An observational study of nearly 3,000 participants by the National Institutes of Aging found that people who followed at least four or all five healthy lifestyle habits had a 60% lower risk of Alzheimer's. One of those habits was eating a Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet, which emphasizes plant-based foods to reduce the risk for dementia.

Some studies were not designed to show cause and effect, and the findings may not apply to all populations



RESEARCH SHOWS AVOCADOS MAY SUPPORT COGNITION

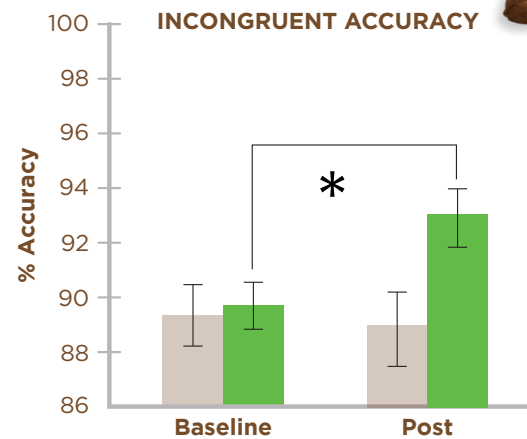
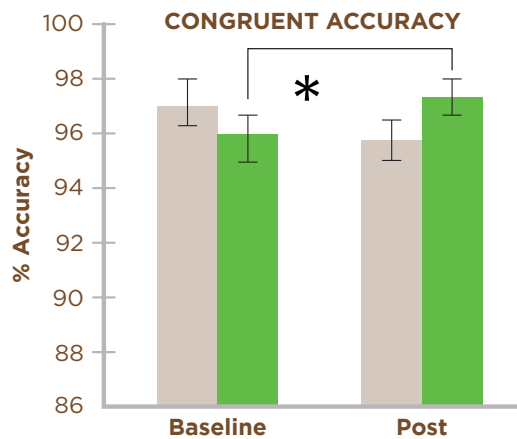
The Avocado Nutrition Center supported research to understand the relationship between eating avocado and cognitive measures.

An observational study of over 2800 older adults found that people who eat, on average, about 50 grams of guacamole or 70 grams of fresh avocado in a day have better cognitive function than non-consumers. The Avocado Nutrition Center supported this analysis based upon the NHANES survey data using 24-hour dietary recalls. Although the findings cannot be considered causal, and more studies are needed to confirm these findings, the data suggest a potential role for avocados in cognitive health³.

In a 2017 clinical study of 40 healthy, older adults, researchers found that people who consumed one avocado per day for six months had higher blood and eye lutein levels relative to baseline. The avocado group also had improvements in cognition as measured by benefits in working memory. Additionally, as macular pigment density increased, working memory and efficiency of approaching a problem also improved³.

A 2020 clinical study found that 84 overweight and obese adults performed better on a cognitive test when consuming fresh avocado daily for 12 weeks. Attentional inhibition, as measured by the Flanker task, increased, but other cognitive measures were not changed⁴.

As research study findings are limited, additional research is needed especially in a larger U.S. representative population and with a longer intervention period. Nonetheless, the outcomes add to the growing research on the potential benefits of avocados and cognitive function.



Avocados contribute nearly **20 vitamins, minerals and phytonutrients**, including:

- **11%** of the Daily Value (DV) for **dietary fiber**
- **10%** of the DV for **folate**
- **6%** of the DV for **vitamin E**
- **6%** of the DV for **potassium**
- **4%** of the DV for **vitamin C** and
- **2%** of the DV for **iron** per 50 g serving
- Along with **136 micrograms** of the **carotenoid lutein**.

In the congruent trials, the flanking arrows face the same direction as the central arrow (>>>>), while in the incongruent trials the arrows surrounding the central stimuli are flanked by arrows facing the opposite direction (><<<>).

References:

1. Dhana K, et al. Healthy lifestyle and the risk of Alzheimer's dementia: Findings from two longitudinal studies. *Neurology*. 2020. <https://www.nia.nih.gov/news/leafy-greens-linked-slower-age-related-cognitive-decline>.
2. Gale, C.R., et al. Dietary Patterns in Infancy and cognitive Neuropsychological Function in Childhood. *Journal of Child Psychology and Psychiatry*. 2009.
3. Cheng, F.W, et al., US Older Adults that Consume Avocado or Guacamole have Better Cognition than Non-Consumers: National Health and Nutrition Examination Survey 2011-2014. *Frontiers in Nutrition*. 2021.
4. Scott, T.M., H.M. Rasmussen, O. Chen, E.J. Johnson. Avocado Consumption Increases Macular Pigment Density in Older Adults. *Nutrients*, 2017.
5. A. Khan., et al. Show More Effects of 12-week Avocado Consumption on Cognitive Function Among Adults with Overweight and Obesity. *International Journal of Psychophysiology*. 2020.

DIETARY STRATEGY

The growing body of research shows the benefit of consuming one avocado a day for brain health. Avocados are rich in plant compounds important to good health, including phenolic compounds, carotenoids, and phytosterols.

For a quick meal on the go or afternoon snack, recommend:



Green Power Smoothie

or



Avocado Toast

Substitute or add fresh avocado to most any meal or dish.



Visit loveonetoday.com/makeovers and see how avocados can makeover any recipe from breakfast to dinner with these meal makeovers.

To help your clients perk-up their lunchtime, add sliced avocados to salads, sandwiches, and wraps—adding flavor with fewer calories, like this

Cobb Salad with Avocado Dijon Dressing.

