

A Perfect Match

FUEL THE DAY WITH AVOCADOS AND EGGS

*Wake up With a
Winning Breakfast:*

A culinary and nutritional dynamic duo, avocados and eggs have unique nutritional profiles that together may be even greater than the sum of their parts. Encourage clients to combine these foods - each a source of multiple essential nutrients - on a plate to power up the brain and body to take on the day.



WHY WE LOVE LUTEIN


Levels of lutein, a dietary carotenoid that accumulates in the eye and the brain, are related to cognitive function in both young and older adults. Research suggests that this beneficial nutrient is absorbed in higher quantities from certain foods, especially fat-containing foods like avocados and eggs, than from other foods with low or no-fat content.¹

- In a clinical *study* funded by the Hass Avocado Board, researchers measured blood and eye lutein levels of 40 healthy, older adults who consumed one avocado per day for six months. Avocado significantly increased serum lutein levels by 25% after six months and improvements in working memory were noted to have significantly increased after three months of avocado intake.¹
- Given that lutein accumulation in the brain occurs in early life, the first *study* of its kind investigated the impact of lutein in cognitive development among 56 preadolescent participants (8-9 years). Researchers found a positive relation between macular pigment optical density (an indicator of retinal xanthophylls and correlate of brain lutein) and academic achievement assessment test scores, even after accounting for effects of IQ and other demographic factors.²

As with all research, there are limitations, and further study is needed to generalize results to the general population.



One-third of an avocado provides **136 micrograms of lutein.**³



One large egg provides **252 micrograms of lutein.**³

GET UP TO SPEED WITH A MORNING READ

Avocados for health at every age:

LoveOneToday.com/hlhandout

Eggs for cognitive health:

EggNutritionCenter.org/cognition

RISE & SHINE RECIPES

Grab-and-go or sit down and enjoy, avocados and eggs come together in a variety of savory and sweet recipes sure to please the whole family. Find these and more winning breakfasts at:

LoveOneToday.com/recipes

EggNutritionCenter.org/recipe



EggNutritionCenter.org/hash

EggNutritionCenter.org/sriracha



LoveOneToday.com/avocadopancakes

LoveOneToday.com/frittatas



REFERENCES: 1 Scott TM, Rasmussen HM, Chen O, Johnson EJ. Avocado Consumption Increases Macular Pigment Density in Older Adults: A Randomized, Controlled Trial. *Nutrients* 2017, 9, 919. Access at LoveOneToday.com/cognition 2 Barnett S.M., et al. Macular pigment optical density is positively associated with academic performance among preadolescent children. *Nutrition Neuroscience*. 2018. 3 U.S. Department of Agriculture, Agricultural Research Service. *FoodData Central*. 2019. fdc.nal.usda.gov.