

Avocados & Heart Health

TAKE YOUR NUTRITION TO HEART WITH AVOCADOS

*Get Clients Pumped About
Heart-Healthy Foods*

Fresh avocados are a heart-healthy winner, playing dual role in helping clients meet both fruit and good fat recommendations.

Just one-third of a medium avocado contains 3 grams of fiber and 5 grams of good, monounsaturated fats (MUFA).¹ MUFAs can help reduce LDL cholesterol levels in the blood, which lowers risk of heart disease and stroke.

NUTRITION FACT:

Avocados are virtually the only fresh fruit with good fats.





Get Inspired:

HEALTHY & HEARTY PLATES

Showcase heart-healthy options that add both good fats and flavor at :

LoveOneToday.com/recipes

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SWAP AND SPREAD THE LOVE

The predominant fat in an avocado is unsaturated, making it a great substitute for foods high in saturated fat such as butter and other full-fat spreads.



Try This:

PICKING PERFECTION

Teach clients how to pick out the perfect avocado:

LoveOneToday.com/pickavocados



LoveOneToday.com/avocadosoup



LoveOneToday.com/avocadopancakes

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Further research is needed to generalize results to a larger and more diverse population, but encouraging findings inspire the Avocado Nutrition Center to fund and explore the role of avocados in heart health.

- In a five-week *study*, 45 overweight-obese adults added one avocado a day to their low-fat and moderate-fat oil diets. By adding the avocado, researchers noted increased blood antioxidant levels and decreased the oxidation of small, dense LDL-cholesterol levels.²
- Findings from this clinical *trial* add to initial study findings, demonstrating that participants who ate an avocado a day, as part of a moderate-fat diet, had reduced total cholesterol and bad LDL-cholesterol and improved the ratio of total cholesterol to good HDL-cholesterol levels, compared to participants who did not consume avocado (low fat or moderate-fat oils diets).³
- A clinical *trial* of 31 overweight/obese adults found that including a half or whole avocado at breakfast decreased the postprandial glycemic and insulinemic responses and improved acute endothelial function, as measured by flow-mediated vasodilation. In this randomized, controlled, three-arm, six-hour postprandial, cross-over study, avocado replaced carbohydrate energy in a meal.⁴
- In a randomized, double-blind, crossover feeding trial, 42 adults with elevated triglycerides followed two 3-week diets: one where a daily Hass avocado replaced solid fats and added sugars, and a matched control diet. The avocado diet lowered non-HDL (“bad”) cholesterol, triglycerides, and the total-cholesterol-to-HDL ratio, supporting avocados as a heart-healthy choice in everyday meals.⁵
- New research found that consuming both avocado and mango daily improved vascular function and diastolic blood pressure in adults with prediabetes.

REFERENCES: **1** U.S. Department of Agriculture, Agricultural Research Service, FoodData Central, 2019. fdc.nal.usda.gov. **2** Wang L, Tao L, Hao L, Stanley TH, Huang K, Lambert JD, and Kris-Etherton PM, A Moderate-Fat Diet with One Avocado per Day Increases Plasma Antioxidants and Decreases the Oxidation of Small, Dense LDL in Adults with Overweight and Obesity: A Randomized Controlled Trial, *J Nutr*, 2020, 150, 2, 276. Access at LoveOneToday.com/antioxidant **3** Wang L, Bordi PL, Fleming JA, Hill AM, and Kris-Etherton PM, Effect of a Moderate Fat Diet With and Without Avocados on Lipoprotein Particle Number, Size and Subclasses in Overweight and Obese Adults: A Randomized, Controlled Trial. *J Am Heart Assoc*, 2015, 4. Access at LoveOneToday.com/cholesterol **4** Park E, Edirisinghe I and Burton-Freeman B, Avocado Fruit on Postprandial Markers of Cardio-Metabolic Risk: A Randomized Controlled Dose Response Trial in Overweight and Obese Men and Women. *Nutrients*, 2018, 10, 1287. Access at LoveOneToday.com/postprandial **5** Gletsu-Miller N, Maki K, et al. Effects of replacing solid fats and added sugars with avocado in adults with elevated cardiometabolic risk: a randomized, double-blind, controlled feeding, crossover trial. *AJCN*, 2025. **6** Preiss, et al. Effects of Increasing Total Fruit Intake With Avocado and Mango on Endothelial Function and Cardiometabolic Risk Factors in Adults With Prediabetes. *Journal of the American Heart Association*, 2026.