

A Guide to Mindful Munching: Snack Hacks with Fresh Avocados

01

LIVEN UP ROUTINES WITH FOODS THAT SATISFY HUNGER AND PROVIDE ESSENTIAL NUTRIENTS

Mindful snacking isn't about restriction, it's about snacking with intention and attention to which nutrients fuel your body the most. The Dietary Guidelines for Americans recommends small shifts in food choices to guide clients toward healthier eating patterns.¹ Suggest replacing high-calorie snacks with nutrient-dense foods, like avocados, as a nutritious way to fuel throughout the day. ***One-third of a medium avocado (50 grams) has 80 calories and contributes nearly 20 vitamins and minerals,*** making it a healthy, nutrient-dense choice toward nutritious habits for life.²



avocados
LOVE ONE TODAY[®]
good source of fiber • naturally good fats



02

SNACK ON THE FACTS: FRESH AVOCADO

- **Naturally Sugar-free:** Avocados contain zero grams of naturally occurring sugar per serving and do not affect the glycemic response.
- **Fiber for Fullness:** *One-third of an avocado contains 3 grams of dietary fiber.* Fiber-containing foods like avocados, add bulk to snacks to help clients feel fuller between meals.
- **Nutrient Boosting Power:** The unsaturated fat in avocados can act as a nutrient booster by helping increase the absorption of fat-soluble vitamins A, D, K, and E in other foods. ***Avocados contain 6 grams of naturally good fat per one-third of a medium avocado.***

Superfood Berry
Avocado Immunity
Bowl



03

YOUR RECOMMENDATIONS, BACKED BY RESEARCH

In a 12-week weight-loss study³, researchers found that 51 overweight or obese adults who were advised to eat 500 calories less each day and to eat one avocado daily as part of a hypocaloric diet self-reported a similar feeling of satiety throughout the study compared to a decrease in satiety reported by participants on the control diet. Results demonstrate that avocados can be included in successful weight loss diet.³ Though more research like this study funded by the Avocado Nutrition Center is needed to confirm the findings, especially in a larger U.S. representative sample, the results support the mounting evidence, which demonstrates that **avocados can be included in successful weight loss diet.**



**Stuffed Avocado
with Black Bean and
Corn Salsa**

04

RECIPES SUPPORTIVE OF MINDFUL MUNCHING

The key to mindful snacking lies in planning and intention, encourage clients to prep ingredients beforehand and keep handy for later use. These recipes are ready in 15 minutes or less helping clients make nutritious choices a priority throughout their busy days!

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References: **1** U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov). **2** FoodData Central: U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. [Fdc.nal.usda.gov](https://fdc.nal.usda.gov). **3** Henning SM, Yang J, Woo SL, Lee RP, Huang J, Rasmussen A, Carpenter C, Thames G, Gilbuena I, Tseng CH, Heber D, Li Z. Hass Avocado Inclusion in a Weight-Loss Diet Supported Weight Loss and Altered Gut Microbiota: A 12-Week Randomized, Parallel-Controlled Trial. *Curr Dev Nutr*. 2019 Aug; 3(8): nzz068. Access at [LoveOneToday.com/WeightLoss](https://loveonetoday.com/WeightLoss)

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