



fresh **avocados**
LOVE ONE TODAY®
heart-healthy • good source of fiber

Ace Afternoon Snacks with Avocados and Almonds



Prioritize Satisfaction

Educate clients on the merits of foods that satisfy and nourish, over snacks with empty calories that leave them hungry soon after eating. Recommend creative pairings like **fresh avocados and almonds that can help fuel bodies with energy, provide a boost of essential nutrients and successfully keep hunger at bay between meals.** This delicious duo may just be the snack hack they're looking for.

Here's why:

Fuller Faster and Longer with Fiber Facts: Avocados and almonds are both good sources of filling dietary fiber.



One ounce of almonds provides 4 grams of fiber.¹



One-third of an avocado contains 3 grams of fiber.¹

Studying Up on Satiety

Why dietary fiber? Fiber-containing foods like avocados and almonds help slow the speed of digestion and promote a feeling of fullness with fewer calories. Together (or on their own), these two are an ideal food choice to support clients in managing weight.

In a clinical **trial** supported by the Avocado Nutrition Center, 31 relatively healthy overweight and obese adults, scientists found that **eating a whole avocado as part of a breakfast meal,**

compared to a meal with no avocado suppressed hunger and improved meal satisfaction. A visual analog scale measured satiety up to six hours after the meal. Though more research is needed to generalize the results to all people, the findings support the growing body of evidence connecting eating avocados to a positive impact on body weight.²

A [study](#) supported by the Almond Board of California, found that *eating 1.5 ounces of dry-roasted, lightly salted almonds daily helped curb participants' appetites and significantly improved vitamin E and monounsaturated ("good") fat intake.*

The 137 adult participants were at increased risk for Type II diabetes and were not given any other dietary instruction other than to follow their usual diet and exercise plan. After a month of snacking on 250 calories from almonds daily, participants did not gain weight. While the study was only four weeks in duration, it suggests *snacking on almonds can be a weight-wise strategy.*³

Craving More? Resources for You

- Guide to avocado and weight management at: [LoveOneToday.com/weightgoals](https://www.loveonetoday.com/weightgoals) [🔗](#)
- Making sense of satiety research and almonds at: [almonds.com](https://www.almonds.com) [🔗](#)

References:

¹ FoodData Central: U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. [Fdc.nal.usda.gov](https://www.fdc.nal.usda.gov).

² Zhu, L., et. al. Using the avocado to test the satiety effects of a fat-fiber combination in place of carbohydrate energy in a breakfast meal in overweight and obese men and women: a randomized clinical trial. *Nutrients* 2019.

³ Tan YT, Mattes RD. Appetitive, dietary and health effects of almonds consumed with meals or as snacks: a randomized, controlled trial. *Eur J Clin Nutr.* 2013;67(11).

Snacking with Staying Power

These 'A+' Avocado Almond recipes are perfect for clients to prep ahead, grab and go for a midday pick-me-up.



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