



LARGE PROSPECTIVE STUDY LINKS **AVOCADO INTAKE** AND **LOWER CARDIOVASCULAR DISEASE**

Heart disease is responsible for one in every four American deaths. It's the number one cause of death in the US and is a chief reason for disability. Modifying certain risk factors for cardiovascular diseases may help your clients live longer, healthier lives.

FIRST LARGE PROSPECTIVE STUDY LINKS AVOCADO INTAKE AND LOWER CARDIOVASCULAR DISEASE RISK

Research¹ published in the *Journal of the American Heart Association* by Harvard researchers found that **eating one or more avocados weekly was associated with reduced risk for cardiovascular diseases** in a large prospective study. Researchers followed 110,487 participants for 30 years while collecting dietary intake with food frequency questionnaires every four years. The data models were adjusted for cardiovascular risk factors and diet quality.

Researchers found that
study participants were:

16% & 21%

less likely to develop
cardiovascular disease

less likely to develop
coronary heart disease



**when they consumed at least
one avocado a week** compared
to those who never or rarely
ate avocados.

*No significant association was found for
avocado intake and stroke.*

The models demonstrated that **replacing half a serving daily of margarine, butter, egg, yogurt, cheese or processed meats with the same amount of avocado resulted in a 16% - 22% lower risk of cardiovascular disease**. Swapping avocado for foods that also contain unsaturated fats did not show additional benefit.



The study design does not show a direct cause and effect. The research was limited to self-reported dietary collection and participants were mostly white nurses and healthcare professionals. Yet, these research results further support avocados as a heart-healthy fruit.

RECOMMENDED **HEART-HEALTHY** HABITS FOR YOUR CLIENTS



Replace saturated and trans fats in the diet with healthier, unsaturated fats.



Eat fiber-rich foods.



Load meals and snacks with fresh fruits and vegetables and fewer processed foods.



Reduce intake of foods rich in cholesterol, added sugar, and sodium.



Maintain a healthy body weight, stay physically active, and avoid smoking.



Fiber + unsaturated fats = fresh heart healthy avocados.

Reference:

1. Pacheco, et al. "Avocado Consumption and Risk of Cardiovascular Disease in US Adults." Journal of the American Heart Association. 2022.

TASTY WAYS TO INCLUDE HEART-HEALTHY AVOCADOS IN MEALS

Avocados fit into *Dietary Guidelines for Americans* recommendations.

MyPlate recommends making half your plate fruits and vegetables.



One avocado counts as one cup of vegetables out of the 2-3 cups recommended daily for adults.

Following a healthy eating pattern across the lifespan, within an appropriate calorie level, can help people achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic diseases such as cardiovascular disease.

MORE THAN

90% & **97%**
of women of men

in the United States **do not** meet recommended intakes for dietary fiber.

Encourage your clients to try these recipes to boost intake of fiber and unsaturated fats:

Heart-Healthy Baked Potato with Salsa Fresca and Avocado



Heart-Healthy Grilled Shrimp Avocado Veggie Skewers



Find more flavorful ways to enjoy avocado at www.loveonetoday.com/recipes

Heart-Healthy Fettuccini AvoFredo

