



AVOCADO SUPPORTS **BETTER DIET QUALITY** AND **WEIGHT MANAGEMENT** IN AN AUSTRALIAN COHORT

Following a healthy eating pattern across the lifespan can help meet nutrient needs and achieve a healthy body weight. Healthy eating patterns associated with better weight management include more fruits, vegetables, unsaturated fats, and fiber than most people eat.

Science Suggests:

01 AVOCADOS ARE ASSOCIATED
WITH BETTER DIET QUALITY

02 AVOCADOS AID WEIGHT
MANAGEMENT

In a 2021 study¹, avocado consumption was associated with greater intakes of unsaturated fats, dietary fiber, vitamin E, magnesium, and potassium, and the whole grains, vegetables, fruit, and meat alternatives food groups (based on the Australian Dietary Guidelines), and lower intakes of carbohydrates and discretionary foods. Similar to the 2017 study, avocado intake was associated with smaller body weight, BMI, and waist circumference among the 12,153 Australian adults participating in the 2011-2012 National Nutrition and Physical Activity Survey.

- Dietary intake was assessed using two 24-hr recalls, which captured consumption of fresh avocados and avocado-containing products but excluded avocado oil, along with the amount (in grams) of avocado consumed by each participant.
- The mean avocado intake of consumers was 16 grams per day, which is equivalent to about 3 avocados over the course of a month from either fresh avocados or avocado-containing products.
- The study findings cannot be considered causal.
- Previous research²⁻⁶ also explored the relationship between avocado intake and weight management.

The Avocado Nutrition Center supported these research studies. Although more studies are needed to verify these findings, the data suggests a role for avocados in improving diet quality and weight management.



SNACKS THAT SATIATE

What is satiety?

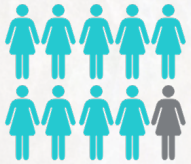
The feeling of being full after eating. As recommended by the Dietary Guidelines for Americans, eating foods rich in dietary fiber can help increase satiety resulting in reduced calorie intake, which may aid weight management.

Dietary fiber adds bulk to the diet, slows the speed of digestion, can help people feel fuller faster, stay satisfied longer, and manage weight.



MORE THAN

90%



of women



97%



of men

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

Just **one-third of an avocado**
contains **3 grams** of dietary fiber.



1/3 of a medium
avocado (50g) is
one serving size

References:

1. Guan, et al. "Avocado Consumption in a Representative Survey of Australians: a Secondary Analysis of the 2011- 2012 National Nutrition and Physical Activity Survey." *British Journal of Nutrition*. 2021.
2. Khan, N.A., et al. "Avocado Consumption, Abdominal Adiposity, and Oral Glucose Tolerance Among Persons with Overweight and Obesity." *Journal of Nutrition*. 2021.
3. Heskey, C., et al. "Avocado Intake, and Longitudinal Weight and Body Mass Index Changes in an Adult Cohort." *Nutrients*. 2019.
4. 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.
5. Henning, S.M., et al. "Hass Avocado Inclusion in a Weight-Loss Diet Supported Weight Loss and Altered Gut Microbiota: A 12-Week Randomized, Parallel-Controlled Trial." *Current Developments in Nutrition*. 2019.
6. Fulgoni, V., et al. "Avocado Consumption by Adults is Associated with Better Nutrient Intake, Diet Quality, and Some Measures of Adiposity: National Health and Nutrition Examination Survey, 2001-2012." *Internal Medicine Review*. 2017.

Help your clients

FILL UP ON FIBER WITH THESE SNACKS



DRINK UP

Potassium Power Smoothie

A delicious, creamy, and dairy-free smoothie that is a good source of potassium and protein, plus an excellent source of fiber, vitamin C, and vitamin B12.



GRAB-N-GO

Chocolate Avocado Energy Bars

No-bake bars, low in saturated fat and free of sodium, deliver a mid-day energy boost when time is short.



HAND-HELD

Avocado Pita Pockets

An excellent source of fiber in the palm of your hand which helps keep the midday munchies healthy by incorporating four different food groups (fruits, grains, protein foods, and dairy).



SWEET TREAT

Chocolate Avocado Banana Pops

Perfect for a kid-friendly afternoon snack or post-dinner dessert, these pops are made without added sugar and provide a good source of fiber.

For flavorful recipes and additional snack ideas that your clients will love, please visit www.LoveOneToday.com/recipes