



AVOCADOS, DIETARY QUALITY, AND **WEIGHT MAINTENANCE** AMONG TEENS

Following a healthy eating pattern at every stage of life can help meet nutrient needs, achieve a healthy body weight, and reduce risk of chronic disease. A healthy eating pattern consists of nutrient-dense forms of foods and beverages across all food groups, in recommended amounts, and within calorie limits.

As children age, diet quality declines and the difference between recommended and actual intakes of total fruit and total vegetables emerges. By late adolescence, average fruit and vegetable consumption is about half of the recommended range of intake.



Teenagers aged 14 to 18 years should eat **2 to 4 cups** of vegetables a day...



...and **4 to 7 cups** of “other vegetables”, like avocados, each week.



One avocado counts as **one cup**.



Reference:
Segovia-Siapco, et al. “Associations Between Avocado Consumption and Diet Quality, Dietary Intake, Measures of Obesity and Body Composition in Adolescents: The Teen Food and Development Study.” *Nutrients*. 2021.

SCIENCE SHOWS EATING AVOCADOS LINKED WITH BETTER DIET QUALITY FOR TEENS

The Avocado Nutrition Center supported the following research to better understand avocado consumption among adolescents

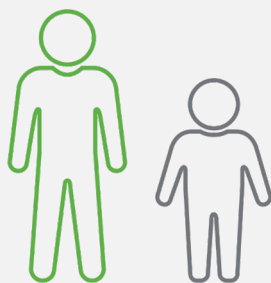
In a study published in *Nutrients*, diet quality, nutrient intake, and body weight and composition were examined among 534 students from public and Adventist middle and high schools aged 12 to 18 years living in southern California and Michigan. Habitual dietary intake was assessed using a web-based food frequency questionnaire and diet quality was measured using the Diet Quality Index-International, a tool that examines overall diet quality and four components - variety, adequacy, moderation, and overall balance. Anthropometrics, including height, weight, body composition, and waist circumference, were measured at school.



About **60%** of the students consumed avocado



Mean intake was 62 grams – or just **under one half of a medium-size avocado** – per week.



Avocado consumers were **older...**



more likely to be **from California...**



and, of **higher socio-economic status**, and **Hispanic**.

Compared to non-consumers, **avocado-consuming teens had higher scores for diet quality, variety, and adequacy.**

Avocado consumption was also associated with:



Higher intakes of fruits, vegetables, plant protein foods, dietary fiber, retinol, vitamin C, calcium, magnesium, iron, and potassium;



and lower intakes of saturated and trans fats.

Anthropometric measures did not differ between avocado consumers and non-consumers.

The study population is unique and may not represent the typical US adolescent population with 26% being vegetarian, and the majority having highly educated parents. Also, the food frequency questionnaire was validated for this population, but with all epidemiological data, self-reported food intake is subject to misreporting and bias. Although the study findings cannot be considered causal, and more studies are needed, the data suggests a role for avocados in improving diet quality among adolescents.





AVOCADOS ARE NUTRITIOUS & DELICIOUS!

Avocados are nature's treat and an easy-to-grab snack. Teach teens to wash them then safely cut them and remove the seed. Avocados can be enjoyed alone or in snacks and meals.



Avocado Blueberry Smoothie

Sip some sweetness with this quick and easy smoothie at breakfast or snack time

Chocolate Avocado Mug Cake

Savor this single-serving treat as a tasty afternoon snack or post-dinner dessert



Avocado, Bean & Cheese Quesadilla with Avocado Crema

Enjoy this satisfying meal and dipping sauce any time of day

Help adolescents better meet recommended intakes for vegetables by sharing these quick-n-easy, kid-friendly recipes with avocado. Please visit www.loveonetoday.com/recipes for more recipes your clients will love.