

A Food-Focused Approach to Support Healthy Living at All Ages

Everyday decisions about what you eat can have a sizeable impact on your overall health and risk for chronic diseases such as heart disease, type 2 diabetes, and cancer.

The Centers for Disease Control and Prevention (CDC) confirms that investing in healthy habits can help lower your risk for several chronic diseases, helping you achieve your goals for a long, enjoyable life.

Things to look at include:

- What You Eat
- How You Move
- Use of Tobacco and Alcohol
- Sleep Habits
- How You Manage Stress and Well-Being

Have You Heard About Food is Medicine?

As part of the White House's recent pledge to put focus on nutrition and health, **Food is Medicine** is a fast-growing concept that champions for a more integrated healthcare system that recognizes the power of healthy eating in achieving optimal health and living life free of chronic diseases. This approach is part of the White House's commitment to ending hunger, improving nutrition and physical activity, and reducing diet-related diseases and disparities among Americans.

While Food is Medicine is not specifically intended to replace the use of medications or other treatments, it may be able to reduce or eliminate the doses needed and allow medications to work more effectively.

ONE OF THE EASIEST WAYS TO GET BEHIND THIS MOVEMENT AND ENJOY THE BENEFITS IS TO EAT MORE FRUITS AND VEGETABLES.

Most Americans fall short in meeting the recommended intake of fruits and vegetables. Getting more on your plate is associated with a reduced risk of many chronic diseases, according to the Dietary Guidelines for Americans.



Why Avocados are an Investment in Your Health

AVOCADOS ARE A NUTRIENT-DENSE FRUIT WITH NUTRIENTS LINKED TO POSITIVE HEALTH OUTCOMES.



HEART HEALTH

Maintaining a healthy heart includes choosing foods with good, unsaturated fats and fiber as well as limiting saturated fat, cholesterol, and sodium. **Avocados are virtually the only fruit that delivers unsaturated fats to the diet, and they are also a good source of fiber, low in saturated fat and cholesterol and sodium-free.**



TYPE 2 DIABETES MANAGEMENT

Maintaining target blood sugar levels can be helped by the fiber and good fats found in avocados. Both nutrients slow digestion which reduces rapid rises in blood glucose following a meal. It's also what avocados don't contain that provides additional benefits to help reduce the risk of and manage this disease. Unlike most other fruits, avocado contains zero grams of naturally occurring sugar and does not affect the glycemic response.



WEIGHT MANAGEMENT & SATIETY

Choosing foods with fiber, like avocados, can provide a feeling of fullness but with fewer calories and help manage weight. Overweight and obesity can increase the risk of chronic diseases. Fiber adds bulk to the diet and may help you eat less and stay satisfied longer.

Avocados act as a nutrient booster by helping the body absorb nutrients from other foods.

Eating a variety of foods is important as the nutrients across foods often work together in ways that wouldn't happen if a food was eaten alone.

For example, eating foods with unsaturated fats, like avocado, helps enhance how the body absorbs fat-soluble vitamins A, D, K, and E.

Many people do not get enough of these vitamins so finding food combinations with avocados is an easy, delicious way to get the most out of your meals and snacks.

HERE ARE SOME TASTY COMBOS THAT WILL HELP BOOST YOUR NUTRIENT INTAKE ONE BITE AT A TIME



Heart-Healthy Kale Avocado Salad With Roasted Carrots

Leafy greens (vitamins A and K)
+ avocado



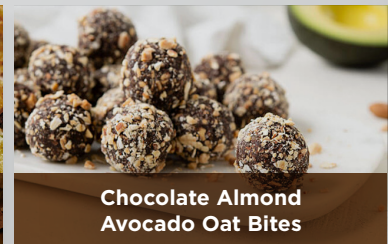
Avocado Turkey Chili Stuffed Sweet Potatoes

Sweet potato (vitamin A)
+ avocado



Cheesy Avocado Flatbread with Mushrooms

Mushrooms (vitamin D)
+ avocado



Chocolate Almond Avocado Oat Bites

Almonds (vitamin E)
+ avocado

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