

# Avocado — is Extra — BUT SO ARE YOU



Tips + tricks  
to add flavor  
and nutrition to  
your burger.



# Healthy Avocado Hat Trick



**Keep a burger indulgent but with a better fat balance by replacing spreads high in saturated fat with delicious, nutrient-dense avocados.** Creamy avocados naturally contain 6 grams of unsaturated fats per serving.

**Go from zero to hero by helping close the daily fiber gap by upgrading a plain beef burger with a serving of avocado, a good source of fiber.** Most people don't get enough fiber, yet consuming foods rich in fiber may reduce the risk of heart disease, obesity, and type 2 diabetes.



**Boost the benefits of vitamin A from your tomato topper by adding fresh avocado.** Good fats, like those in avocados, help the body absorb fat-soluble nutrients like vitamin A - which is important for the immune system - without raising LDL (bad) cholesterol levels when eaten as part of a healthy diet.



## More Reasons to Love Heart-Healthy Avocado

In a clinical trial of 11 participants, researchers reported that in the hours following a single meal that added one-half of a fresh medium avocado to a hamburger patty prevented vasoconstriction (measured by peripheral arterial tonometry) and the elevation of blood inflammatory marker, IL-6, and reduced activation of the inflammatory NF-kappa B pathway. The Avocado Nutrition Center sponsored the study. Although more research is needed to generalize the results to larger, more diverse populations, the findings support the growing body of evidence demonstrating avocados as a heart-healthy fruit.<sup>1</sup>

References: 1 Li Z, Wong A, Henning SM, Zhang Y, Jones A, Zerlin A, Thames G, Bowerman S, Tseng CH, and Heber D (2012). Hass Avocado Modulates Postprandial Vascular Reactivity and Postprandial Inflammatory Responses to a Hamburger Meal in Health Volunteers. Food and Function. DOI: 10.1039/C2FO30226H. Access at <https://doi.org/10.1039/C2FO30226H>

## Flipping Good Ideas

**PRO TIP:** Substitute avocado in your burger in place of other toppings that contain saturated fat. Do this by simply layering your burger with fresh avocado.



Chipotle Burger with Chile Poblano and Avocado [🔗](#)



Avocado Ranch Burgers with Smoked Cheddar [🔗](#)