



AVOCADOS AND HEALTHY SKIN RESEARCH

Skin changes with age – it becomes progressively thinner and loses fat, making it less plump and smooth. These changes can make veins and bones more visible and wrinkles, age spots, and dryness more noticeable. With increasing age, the skin might also take longer to heal.

Eating a healthy, balanced diet with plenty of fruits and vegetables helps provide the nutrients the skin needs. Avocados are a fresh, nutrient-dense fruit.

SKIN HEALTH & HYDRATION

The skin is a vital organ that protects our bodies in many ways. It acts as a barrier against pathogens and injuries from the environment, a regulator of body temperature, and an indicator of other health issues, like allergies or dehydration.

Being hydrated is vital for our bodies to function properly.

Beverages and foods with high water content, such as many fruits and vegetables, can help meet fluid needs.



Avocados are mostly made up of water – 72% of an avocado's weight is water.

Signs of inadequate fluid intake include dry skin and poor skin turgor (skin elasticity). Turgor is the ability of the skin to change shape and return to normal. Skin with normal turgor snaps rapidly back to its normal position, while skin with poor turgor takes more time to return.



RESEARCH STUDY SHOWS AVOCADO MAY SUPPORT SKIN HEALTH

Previous research has evaluated the impacts of eating nutrients found in avocado on skin health^{1,2}, and topical application of avocado oil³ on wrinkles. The Avocado Nutrition Center supported new research to understand better the relationship between eating whole fresh avocado and skin health.

A clinical study⁴ published in the *Journal of Cosmetic Dermatology* examined how avocado relates to skin aging in 39 women with increased waist circumference between the ages of 27 and 73 years.

- The women were selected with skin tones that predict a moderate response to sun exposure.
- *Women were randomly assigned to consume either one avocado daily or their habitual diet while maintaining their regular skincare routine.*
- Skin elasticity and firmness were evaluated by a non-invasive suction meter, a cutometer.
- Melanin and erythema were measured using a mexameter probe, hydration using a corneometer probe and sebum using a sebumeter.
- Minimal erythema dose (MED) was tested in the inner arm.
- All measures were performed in triplicates under the eye and on the forehead.



AFTER EIGHT WEEKS OF AVOCADO CONSUMPTION, THE FOREHEAD SKIN SHOWED SIGNIFICANT INCREASES IN FIRMNESS AND ELASTICITY.

Researchers did not report differences in hydration, pigmentation, sebum, and UVB resistance between the avocado and control groups. Limitations of the study support future research looking at the effects of eating avocados on a greater variety of skin locations with quantitative sun exposure measurements in a more specific population (age, menopausal status, and body weight).

Although these findings are limited this is the first study to identify a link between eating avocados and skin aging.



Reference:

1. Roberts RL, et al. Lutein and zeaxanthin in eye and skin health. *Clinics in Dermatology*. 2009.
2. Nagata C, et al. Association of dietary fat, vegetables and antioxidant micronutrients with skin ageing in Japanese women. *British Journal of Nutrition*. 2010.
3. Naeimifar A, et al. Preparation and evaluation of anti-wrinkle cream containing saffron extract and avocado oil. *Journal of Cosmetic Dermatology*. 2020.
4. Henning SM, et al. "Avocado Consumption Increased Skin Elasticity and Firmness in Women." *Journal of Cosmetic Dermatology*. 2022.



EAT AVOCADO AT ANY MEAL

To keep the body, including the skin, as healthy as possible, individuals should eat a healthy dietary pattern with plenty of fresh fruits and vegetables and less added sugar, saturated fat, and sodium. Avocados contain no sugar or refined carbohydrates and provide unsaturated fats, fiber, and water. Also, they provide 4% of the Daily Value for vitamin C and 6% of the Daily Value for vitamin E and niacin – micronutrients considered powerhouses when it comes to skin health.

Share these recipes with your clients so that they can enjoy nutrient-dense avocado at meals throughout the day.

BREAKFAST



Overnight Oats with Avocado

Save time on breakfast – toss all the ingredients together and chill overnight in the fridge

LUNCH



Avocado Mango Rice Salad

Make a satisfying lunch that is a perfect blend of sweet and savory ingredients

DINNER



Avocado Banh-Mi

Enjoy a popular Vietnamese sandwich with rich flavors and a perfect crunch for dinner

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