



Health Effects of Fresh Hass Avocado

A COMPREHENSIVE REVIEW

Research suggests that fresh Hass avocado benefits health in four primary ways¹:



Enhancing cardiovascular health



Supporting weight management



Improving cognitive function



Stimulating the microbiome

NUTRITION NOTES

The health effects of fresh Hass avocado are attributed to its unique combination of four nutrition attributes:

1 A high unsaturated to saturated fat ratio

According to the Dietary Guidelines for Americans, replacing saturated fats with unsaturated fats can reduce LDL (bad) cholesterol levels in the blood.

Avocados contain 5 grams of monounsaturated fat and 1 gram of polyunsaturated fat per one-third of a medium avocado. The predominant fat in an avocado is unsaturated, making it a great substitute for foods high in saturated fat such as other full-fat spreads.

2 Viscous and prebiotic fiber

Soluble fiber prevents the digestive tract from absorbing cholesterol and reduces the risk of heart disease. Dietary fiber also slows the speed of digestion, which increases feeling of fullness and satiation, and can help manage weight and may reduce risk of obesity.

Avocados are a good source of fiber, containing 3 grams per one-third of a medium avocado.

3 A relatively low energy density

Dietary patterns low in energy density help people lower their caloric intake while maintaining feelings of satiety and controlling feelings of hunger. Eating a diet rich in low-energy-dense foods can help manage body weight.

The energy density of avocado is 1.6 kilocalories per gram, which is relatively low.

4 High carotenoid bioavailability

Carotenoids, like lutein, are fat-soluble micronutrients. Lutein is known as the “eye vitamin” and is consumed to prevent eye diseases. Scientists are looking at how lutein may benefit other aspects of health and there is no current recommendation for lutein intake.

The 6 grams of unsaturated fat in avocados can act as a nutrient booster by helping increase the absorption of fat-soluble nutrients like carotenoids. One serving of avocado contains approximately 136 micrograms of bioavailable lutein.



HASS AVOCADO & HEALTH OUTCOMES

The Avocado Nutrition Center supported the following research to understand better the relationship between eating avocado and health. Although more studies are needed to confirm the following results, and the findings from observational studies cannot be considered causal, the data suggest a role for avocados in four areas of health – cardiovascular, weight management, cognition, and digestive.

Avocados and Cardiovascular Health – Lipids & Vascular Function

- In a systematic review and meta-analysis of seven clinical studies (202 participants), when compared to an avocado-free diet, researchers found that including avocado in a diet increased good HDL-cholesterol (HDL-C), and decreased total cholesterol:HDL-C and bad LDL-C to HDL-C ratio.²
- Clinical trials show that including one-half an avocado at a meal improved blood vessel function compared to meals without avocado.^{3,4}

Avocados, Weight Loss, and Abdominal Fat

- Observational studies indicate that avocado consumers weigh less and have smaller waist circumferences than non-consumers.^{5,6}
- Research demonstrates that compared to a meal without avocado, a meal containing a whole avocado suppressed hunger and improved meal satisfaction which may help manage weight.⁷
- A clinical trial among overweight and obese adults showed that eating a daily meal with one avocado decreased visceral adipose tissue (VAT), and the ratio VAT to subcutaneous abdominal adipose tissue among women.⁸

Avocados and Cognitive Function

- An observational study found that older adults who eat, on average, about 50 grams of guacamole or 70 grams of fresh avocado in a day, have better cognitive function than non-consumers.⁹
- Clinical studies among overweight and obese adults and healthy older adults determined that daily intake of fresh avocado improved cognitive measures, like working memory and attentional inhibition.^{10,11}

Avocados and the Microbiome

- Clinical trial data indicate that consuming one fresh Hass avocado daily for 12 weeks alters gut bacteria.^{12,13}

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Improve Diet Quality With Fresh Avocado

Avocados contribute nearly 20 nutrients, including vitamins, minerals, dietary fiber, and phytonutrients, and no sodium, sugar, and cholesterol. They enhance the nutrient quality of a dietary pattern and fit into a variety of healthy eating patterns.

**Fresh avocado deliciously fit into any meal occasion.
Use these avocado recipes:**



AVOCADO BAKED EGGS

A savory breakfast of roasted avocado, tomatoes, and eggs



GREEN BEAN AVOCADO CASSEROLE

A classic comfort side dish to enjoy all year – not just at the holidays



AVOCADO SWEET POTATO BUDDHA BOWL

A hearty noodle bowl with a sweet and savory sauce



AVOCADO RICE CRACKER

A simple seasoned snack that satisfies more than your taste buds