

Avocados & Healthy Living

SPREAD GOODNESS ACROSS THE LIFESPAN WITH AVOCADOS



A Nutritious, Family-Friendly Favorite:

A nutritious eating pattern across the lifespan can promote a healthy body weight, nutrient adequacy, and reduced risk of chronic disease. As a good source of five essential nutrients— fiber, folate, vitamin K, pantothenic acid, and copper – avocados are a nutritious choice for clients of every age.¹



NUTRITION FACT:

The unsaturated fat in avocados (6 grams per serving) can act as a *nutrient booster* by aiding absorption of fat-soluble vitamins A, D, K, and E.



Take Action:

BLEND AVOCADO INTO THE DAY

Avocados add creaminess and flavor while boosting nutrients from other smoothie ingredients.



Try This:

FREEZE FRESH AVOCADOS

Set clients up for smoothie success with tips on freezing fresh avocados:

LoveOneToday.com/freezing

Get Inspired:

REFRESHING AVOCADO SMOOTHIES

Discover the blend-less possibilities at:

LoveOneToday.com/recipes



LoveOneToday.com/greensmoothie



LoveOneToday.com/potassiumsmoothie

Discover More:

TIPS FOR MOM & BABY

LoveOneToday.com/healthybeginnings

Cognitive health research and tasty avocado & egg recipes at:

LoveOneToday.com/avocadosandeggs



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PUBLISHED RESEARCH

Further research is needed to generalize results to a greater population, but encouraging findings inspire the Avocado Nutrition Center's exploration of avocados for health at every age:

● Mother, Baby & Child*

Maternal nutrition, influences fetal growth, birth outcomes, and breast milk composition. Avocados contain key nutrients for fetal and infant health and development, such as folate, lutein, and other compounds such as potassium, fiber, unsaturated fat, and antioxidants.²

Soft, neutrally flavored, and nutrient-dense avocados are an ideal *complementary and transitional food* for a nutritious eating pattern across the lifespan.³

*Consult a physician before introducing new foods.

● Adults

An observational *study* of over 29,000 adults found those who ate slightly over half of a medium avocado per day on average, were 33% less likely to be overweight or obese and 32% less likely to have an elevated waist circumference compared to non-consumers. This study is based upon the nationally-representative (NHANES) survey data using 24-hour dietary recalls.⁴

● Eldery

A recent *clinical study* found that 84 overweight and obese adults performed better on a cognitive test when consuming fresh avocado daily for 12 weeks. Attentional inhibition, as measured by the Flanker task, increased, but other cognitive measures were not changed.⁵

REFERENCES: 1 U.S. Department of Agriculture, Agricultural Research Service. *FoodData Central*. 2019. fdc.nal.usda.gov. 2 Comerford KB, Ayoub KT, Murray RD, Atkinson SA. The Role of Avocados in Maternal Diets during the Periconceptional Period, Pregnancy, and Lactation. *Nutrients*. 2016; 8, 313. Access at LoveOneToday.com/maternal 3 Comerford KB, Ayoub KT, Murray RD, Atkinson SA. The Role of Avocados in Complementary and Transitional Feeding. *Nutrients*. 2016; 8, 316. Access at LoveOneToday.com/feeding 4 O'Neil, CE, Nicklas TA, Fulgoni, VF. Avocado Consumption by Adults is Associated with Better Nutrient Intake, Diet Quality, and Some Measures of Adiposity: National Health and Nutrition Examination Survey, 2001-2012. *Internal Medicine Review* 2017; 3. Access at LoveOneToday.com/nutrients 5 Edwards CG, Walk AM, Thompson, SV, Reeser GE, Erdman Jr WJ, Burd NA, Holscher HD, Khan NA. Effects of 12-Week Avocado Consumption on Cognitive Function Among Adults with Overweight and Obesity. *International Journal of Psychophysiology* 2020; 148, 13. Access at LoveOneToday.com/lutein