



RISE AND SHINE WITH

FRESH AVOCADOS:

A PROACTIVE APPROACH TO HEALTHY LIVING



Make Every Bite Count

One way to be proactive with health is to prioritize nutrient-dense foods that can help prevent chronic disease and promote a healthy, long life. Breakfast is a daily opportunity to commit to healthy eating patterns that include plenty of fruits, vegetables, and unsaturated fats. These types of eating habits are associated with positive health outcomes and reduced risk of chronic diseases like heart disease and type 2 diabetes.

More Reasons the First Meal of the Day Matters

In a clinical **trial** of 31 relatively healthy adults with overweight or obesity, scientists found that eating a whole avocado as part of a breakfast meal, compared to a meal with no avocado, suppressed hunger and improved meal satisfaction. Researchers found that having a higher level of fat in the meal was associated with subjects feeling more satisfied. Greater satisfaction from the foods you eat can help you follow an enjoyable, nutrient-dense eating plan and better sets you up for honoring hunger cues throughout the day.

The Avocado Nutrition Center funded the study, and a visual analog scale measured satiety up to six hours after the meal. Though more research is needed to generalize the results to all people, the findings support the growing body of evidence connecting eating avocados to a positive impact on body weight.

Fresh Avocados Add More to Love



Avocados are a delicious fruit that can easily up-level your breakfast. Enjoying creamy, indulgent avocado slices as a topper for eggs, blended into a smoothie, or mashed on toast increases your fruit and unsaturated fat intake for the day. Avocados contain 6 grams of unsaturated fat **per one-third of a medium avocado**, are sodium, sugar, and cholesterol-free, and contribute nearly 20 nutrients, including vitamins, minerals, dietary fiber, and phytonutrients.

Enjoy the week ahead with these delicious avocado recipes designed by registered dietitians to help you start the day on the right foot.



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Avocado Pancake Roll-Ups



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Superfood Berry Avocado Immunity Bowl



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Avocado, Artichoke and Sundried Tomato Frittata



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Avocados Eggs Benedict with Avocado "Butter" Sauce



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Fan Favorite Avocado Toast



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Avocado and Banana Overnight Oats



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Avocado Shakshuka