

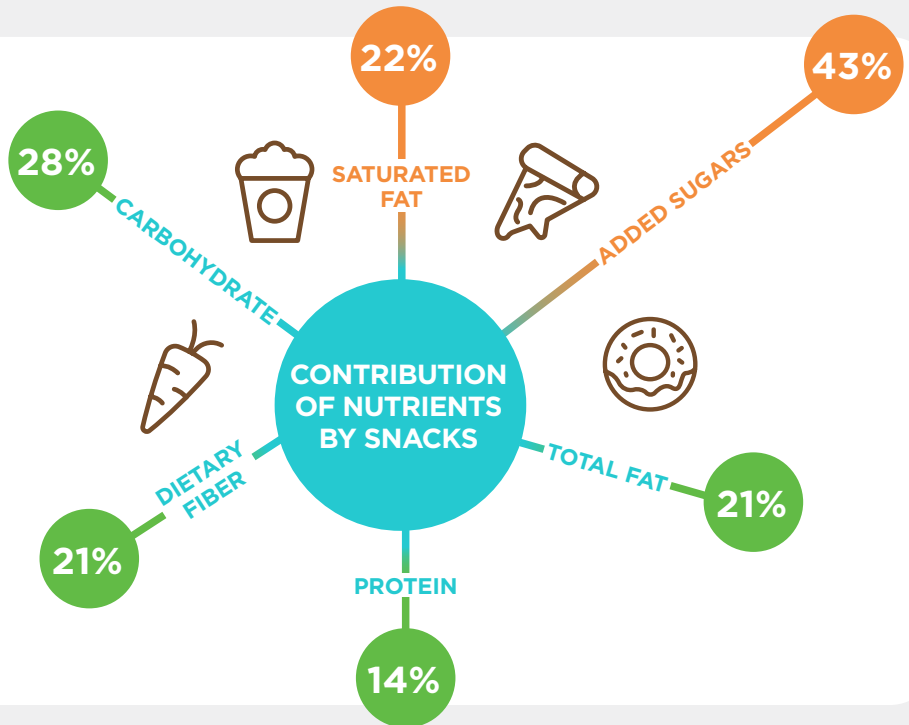


Snacking on Avocado Science

Most people in the U.S. eat snacks every day. In fact, almost 8 out of 10 adults eat two or more snacks a day, and 95% have at least one snack daily.

Snacks make up about a quarter of the calories adults eat daily and nearly half of the added sugar. Among the most common snacks are baked goods like cookies, brownies, and candy.

Since snacks are such a big part of what people eat, it's a great chance to help people choose snacks that taste good and are also healthy.



Snacking Matters for Health



Late-night eating has been linked to increased risks of obesity and cardiometabolic conditions, especially when it involves large or high-calorie meals¹⁻³. Emerging research suggests that small, nutrient-dense snacks may be better than energy-dense, processed options. For example, some studies have found that even when calorie-controlled, nighttime snacks can impact how the body processes fats and sugars the next morning. In particular, high-quality, low-glycemic foods⁴ may help support better metabolic responses after breakfast.

This means that some evening snacks may be better for you than others. Choosing healthy snacks at night might help lower the risks that come with eating late.

A new study looks at how eating an avocado as a snack at night could affect health the next morning in adults with prediabetes.

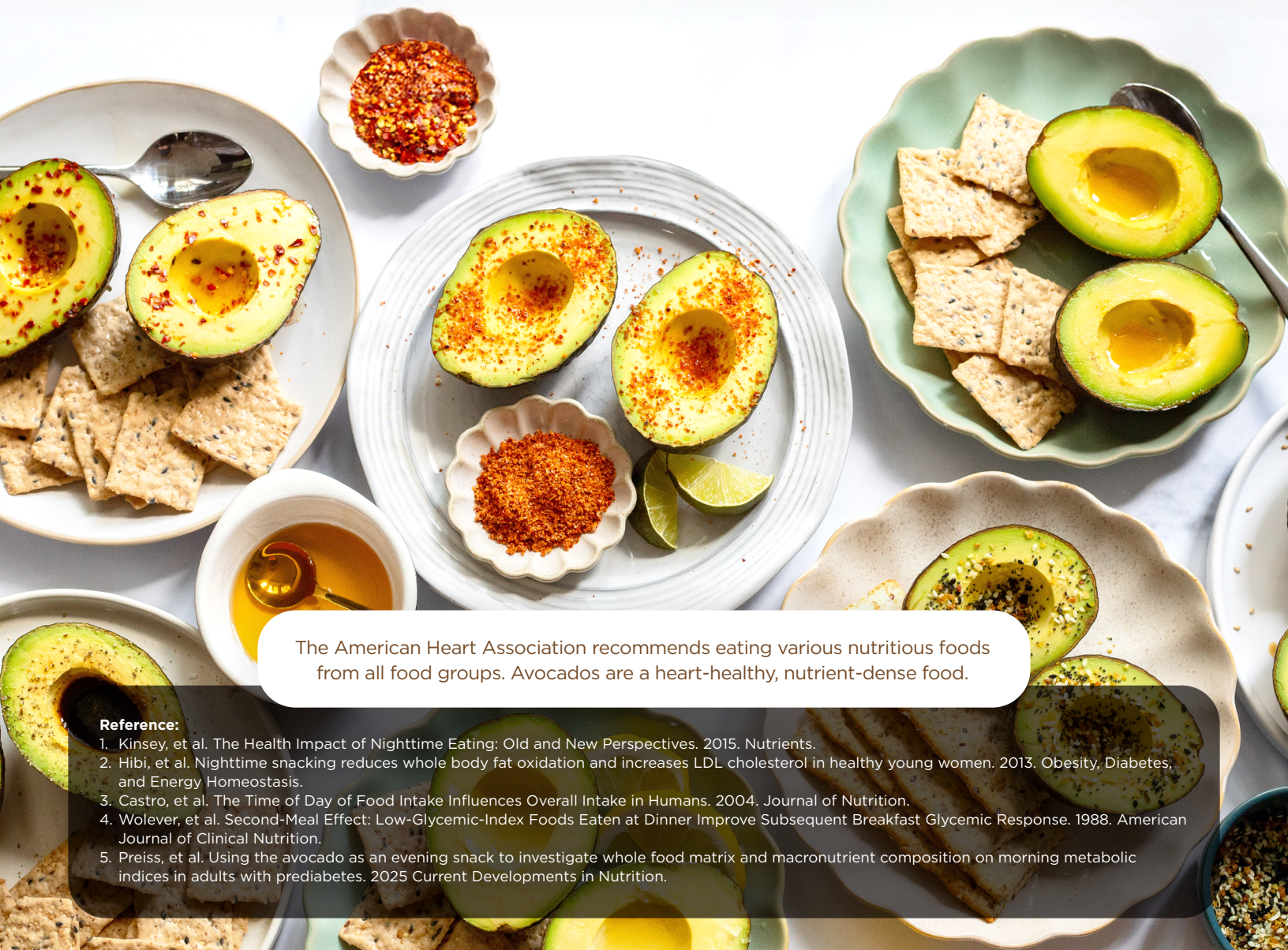
Clinical Study Evaluates Evening Avocado Snack on the Next Day's Health

A study⁵ looked at how eating a whole fresh avocado as a snack at night might affect health markers the next morning in adults with prediabetes. In this randomized, three-arm crossover trial, 27 participants received three different energy-matched snacks on separate evenings: a whole avocado (containing good fats and fiber), a low-fat, low-fiber control snack, and a “matrix control” snack designed to match the avocado’s macronutrients using processed ingredients. After each snack, participants fasted overnight and consumed a standardized breakfast the next morning. Blood samples were collected before and after breakfast to measure glucose, insulin, triglycerides (TG), and inflammatory markers (IL-6 and TNF- α).

The study found no significant differences between evening snacks regarding fasting or postprandial glucose, insulin, or inflammation. However, triglycerides

told a different story. Fasting TG levels were slightly lower after the avocado snack ($p=0.09$), and were reduced post-breakfast (3 hours later) compared to the control snacks. Specifically, these results suggest that avocados’ unique nutrient profile and whole-food matrix may support healthier TG metabolism.

Overall, the results suggest that eating avocados as a nighttime snack may positively influence TG metabolism, benefiting heart health, especially for people with prediabetes. But it’s important to remember that the study only looked at the effects of one snack. More research is needed to see what happens over a longer time. This study, supported by the Avocado Nutrition Center, adds to growing evidence that avocados may help with heart and metabolic health, but the results might not apply to everyone.



The American Heart Association recommends eating various nutritious foods from all food groups. Avocados are a heart-healthy, nutrient-dense food.

Reference:

1. Kinsey, et al. The Health Impact of Nighttime Eating: Old and New Perspectives. 2015. *Nutrients*.
2. Hibi, et al. Nighttime snacking reduces whole body fat oxidation and increases LDL cholesterol in healthy young women. 2013. *Obesity, Diabetes, and Energy Homeostasis*.
3. Castro, et al. The Time of Day of Food Intake Influences Overall Intake in Humans. 2004. *Journal of Nutrition*.
4. Wolaver, et al. Second-Meal Effect: Low-Glycemic-Index Foods Eaten at Dinner Improve Subsequent Breakfast Glycemic Response. 1988. *American Journal of Clinical Nutrition*.
5. Preiss, et al. Using the avocado as an evening snack to investigate whole food matrix and macronutrient composition on morning metabolic indices in adults with prediabetes. 2025 *Current Developments in Nutrition*.

Evening Snacks Done the Right Way

Avocados can fit into a variety of healthy snacks.
Share these recipes with your patients to support healthy snacking.



**Key Lime Pie Avocado
Frozen Yogurt Bark**
Freezer-Friendly Treat



**Avocado Banana
Dairy-free "Ice cream"**
Rich and Creamy
dessert under
200 calories



**Hydrating Papaya
Avocado Smoothie**
A quick, delicious snack

Find more meal and snack ideas at www.LoveOneToday.com/recipes