



Study Demonstrates That Eating Avocados During Pregnancy Is Linked To Lower Infant Allergy Risk

Food allergies and other types of food hypersensitivities affect millions of Americans and their families.

Recent estimates indicate that



11 percent of adults

in the United States are affected by food allergies.

&



8 percent of children

The prevalence of food allergies is on the rise.



Between 1997 and 2007, there was an **18 percent increase** in the incidence of food allergy among children under 18.

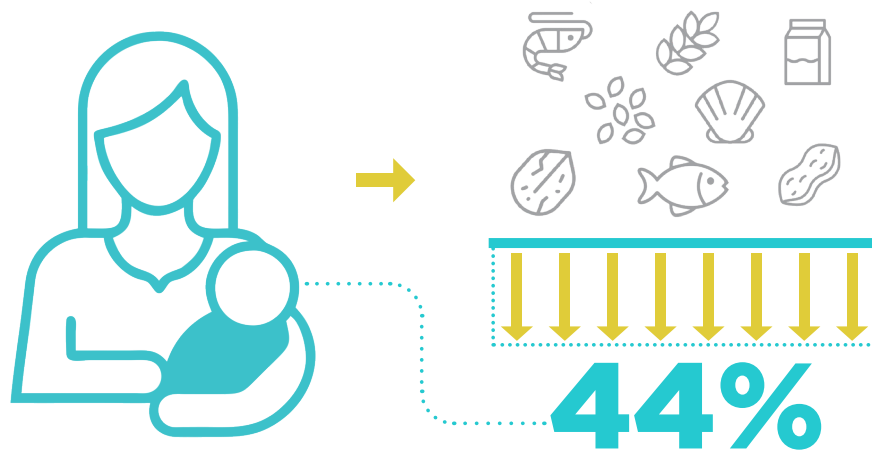
In a person with food allergy, the immune system reacts abnormally to proteins, sometimes producing a severe and life-threatening response. **While promising prevention and therapeutic strategies are in development, currently there are no cures.**



STUDY EVALUATES THE IMPACT OF MATERNAL AVOCADO CONSUMPTION ON INFANT ALLERGIES

An observational study¹ among 2,272 mother-child pairs in Finland examined the association between maternal avocado consumption during pregnancy and infant allergic outcomes. Avocado consumption was assessed using an online food frequency questionnaire (FFQ) during the first and third trimesters. Participants who reported eating any avocado (>0 grams) in either trimester were defined as avocado consumers, and non-consumers were defined as those who did not report consuming any avocado (0 grams) in either trimester.

Based on self-reported data, the study found that after adjusting for lifestyle factors, avocado consumers' infants had 44% lower odds of food allergies at 12 months.



No significant associations were found for other allergic conditions among offspring (rhinitis, paroxysmal wheezing, atopic eczema).

The Avocado Nutrition Center supported this research, which adds to a growing body of evidence that maternal diets are associated with allergies. However, the findings are limited and cannot establish causation or be applied to all audiences.

Reference:

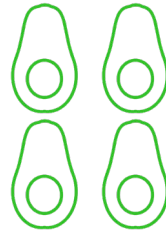
1. Cheng FW, Bauer E, Ford NA, et al. Avocado Consumption during Pregnancy Linked to Lower Child Food Allergy Risk: Prospective KuBiCo Study. *Pediatric Research*. Mar 2025. doi:10.1038/s41390-025-03968-4
2. Guidelines for the Diagnosis and Management of Food Allergy in the United States: Report of the NIAID-Sponsored Expert Panel. *Journal of Allergy and Clinical Immunology*. Dec 2010. 126(6):S1-S58. doi: 10.1016/j.jaci.2010.10.00

TRANSLATING THE SCIENCE OF FOOD ALLERGIES

Adequate nutritional status during pregnancy and lactation is essential for optimal infant health, growth, and development. Thus, the Guidelines for the Diagnosis and Management of Food Allergy in the United States² do not recommend restricting maternal dietary intake during pregnancy or lactation as a strategy for preventing the development or clinical course of food allergy.

The study findings indicate that 12-month-old infants have lower odds of developing food allergies when their mothers consumed avocado during pregnancy.

Avocados contain critical nutrients for fetal and infant health and development, such as folate, lutein, and other compounds such as potassium, fiber, unsaturated fat, and antioxidants. Pregnant women should eat 2 ½ to 3 ½ cups of vegetables a day and 4 to 5 ½ cups of “other vegetables”, like avocados, every week. One avocado counts as a cup.



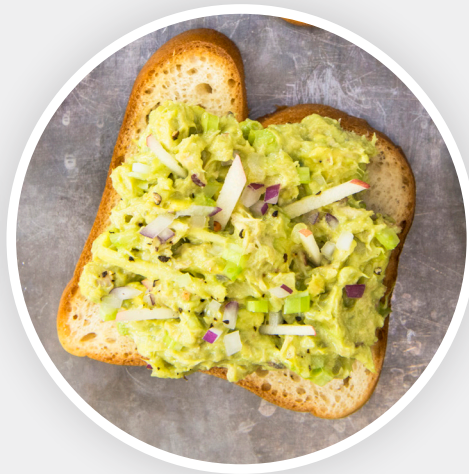
NUTRITIOUS & DELICIOUS AVOCADO RECIPES

Avocados are nutrient-dense and versatile. They can be eaten alone or used in a variety of tasty recipes. Encourage your patients to include avocado in their meals and snacks with these ideas!



Breakfast Street Tacos with Smoky Chipotle Guacamole

Mini tacos for a morning meal



Mayo-Free Avocado Tuna Salad over Toast

A flavorful spin on a timeless salad



Avocado Honeydew Smoothie

A refreshing and creamy snack

Want more recipe inspiration? Visit www.LoveOneToday.com/recipes