

## Avocados & Type 2 Diabetes

# THE DISH ON AVOCADOS AND TYPE 2 DIABETES

### *A Fresh Combination: Fruit With Fiber and Fats*

Meal planning to manage diabetes should incorporate foods that are both nutritious and delicious, to promote positive habits for the long-run. Unlike most other fruits, a serving of avocados contains zero grams of sugar and does not affect the glycemic response.

One third of an avocado contains just 4 grams of carbohydrate, 79% being fiber,<sup>1</sup> which slows down food digestion and prevents rapid rises in blood glucose following a meal.



Avocados contain 6 grams of good fats per serving. The American Diabetes Association recommends limiting saturated fats and eating good fats in moderation.<sup>2</sup>

### **NUTRITION FACT:**

A serving of avocado (3 Tbsp diced) is smaller than a serving of bananas, oranges, and strawberries yet contains just as much fiber per serving.



Stay in the Know:

## PUBLISHED RESEARCH

Further research is needed to generalize results to a greater population, but encouraging findings inspire the Avocado Nutrition Center's exploration of the potential effects of avocados on satiety and glucose and insulin response.

● A clinical *trial* of 31 overweight or obese adults found when participants ate a half or whole avocado with breakfast that their blood glucose and insulin levels were lower. They also showed improvements in acute vascular function compared to when they ate an isocaloric, low-fat, high-carbohydrate breakfast.<sup>3</sup>

● A published *study* of 26 participants showed that when approximately one-half of a fresh avocado was added to a lunch, participants felt more satisfied and had less desire to eat following the meal compared to eating the meal with no avocado. The patients also had a lower immediate rise in insulin levels than when the same lunch was eaten without the avocado, however, over three hours, there was no significant difference in insulin levels. Despite the added avocado calories and carbohydrates, there was no increase in blood sugar levels beyond what was observed after the lunch without avocado.<sup>4</sup>

● A clinical study of 961 adults with larger waist sizes found that eating one large avocado daily for six months lowered overall dietary glycemic load compared with a control group, even without dietary counseling. Glycemic load may be an important factor in the prevention and management of several chronic diseases.



Take Action:

## SWAP FOR SUCCESS

Surprise clients with simple swaps using avocados in place of ingredients that add saturated fat and sodium, putting a fresh twist on sweet or savory dishes.



Try This:

## 6 SIMPLE WAYS TO START

Excite clients about meal planning with avocado:

[LoveOneToday.com/simpleways](https://www.lovetoday.com/simpleways)

Get Inspired:

## COMFORT FAVORITES WITH A TWIST

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## TIPS FOR CLIENTS

Download our meal planning guide & diabetes wallet card, available in English and Spanish:

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