

Delicious, Nutrient-Dense

AVOCADOS SUPPORT WEIGHT MANAGEMENT

Encouraging clients to choose nutrient-dense foods like fresh avocados fosters a positive approach to weight management, shifting the focus to adding foods with beneficial nutrients, rather than eliminating foods with restrictive diet plans.

A Satisfying Approach to Overall Health:

Avocados are a good source of fiber (3 grams per one-third of an avocado), which adds bulk to the diet and can promote a feeling of fullness faster, increase satiety and help manage weight.¹

In addition to being a good source of fiber, avocados are essentially the only fruit with good fats (5 grams monounsaturated fat, 1 gram polyunsaturated fat per 1/3 of a medium avocado) and contribute nearly 20 vitamins, minerals, and beneficial plant compounds that can enhance the nutrient quality of a diet.²

NUTRITION FACT:

79% *of an avocado's weight is fiber and water.*





Take Action:

START WITH SNACK-SIZED STEPS

Setting specific, achievable, “snack-sized” goals like choosing a few nutrient-dense snacks per week can encourage clients to stay motivated. Consider fresh avocados, which help energize, satisfy hunger and boost intake of essential nutrients between meals.



Get Inspired:

SIMPLE SNACK RECIPES

Whirl into smoothies, blend into energy bites, puree into savory dips, or simply dig in with a spoon. Delicious possibilities are easy to find at:

[LoveOneToday.com/recipes](https://www.loveonetoday.com/recipes) 🔗



[LoveOneToday.com/snackcup](https://www.loveonetoday.com/snackcup) 🔗



[LoveOneToday.com/bites](https://www.loveonetoday.com/bites) 🔗

Try This:

PREPPING + STORING FRESH AVOCADOS

Empower clients to feel comfortable stocking up on fresh avocados with these handy how-to guides:

[LoveOneToday.com/preparing](https://www.loveonetoday.com/preparing) 🔗

[LoveOneToday.com/storing](https://www.loveonetoday.com/storing) 🔗

Stay in the Know:

PUBLISHED RESEARCH

There is a growing body of evidence connecting eating avocados with weight management. Though more research is needed to generalize the results to all people, the findings are encouraging and motivate the Avocado Nutrition Center to continue funding more studies like these:

● In a weight-loss *study*, researchers found that 24 overweight or obese adults experienced similar weight loss when advised to eat 500 calories less each day and to eat one avocado daily, compared to a control group following the same dietary guidance without avocado. The avocado-eating weight loss group reported little change in diet satisfaction over the 12-week study.¹

● In a clinical *trial* of 31 relatively healthy overweight and obese adults, 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. A visual analog scale measured satiety up to six hours after the meal.³

● In a *study* of over 55,000 adult men and women who follow the Seventh-Day Adventist lifestyle, researchers found that regularly eating fresh avocados is linked to a lower risk of becoming overweight or obese. A food frequency questionnaire assessed avocado intake.⁴

Discover More:

HEALTHY MEAL PLANS BY EATING PATTERN

[LoveOneToday.com/mediterranean](https://www.loveonetoday.com/mediterranean) 🔗

[LoveOneToday.com/vegetarian](https://www.loveonetoday.com/vegetarian) 🔗

[LoveOneToday.com/us](https://www.loveonetoday.com/us) 🔗

REFERENCES: 1 Henning, S.M., J. Yang, S.L. Woo, R. Lee, J. Huang, A. Rasmusen, C. Carpenter, G. Thames, I. Gilbuena, C. Tseng, D. Heber, Z. Li. Hass Avocado Inclusion in a Weight Loss Diet Supported Weight Loss and Altered Gut Microbiota: a 12 Week Randomized Parallel-controlled Trial. *Current Developments in Nutrition*. 2019 Aug; 3(8): nzz0268. Access at [LoveOneToday.com/microbiota](https://www.loveonetoday.com/microbiota) 2 U.S. Department of Agriculture, Agricultural Research Service. *FoodData Central*, 2019. fdc.nal.usda.gov. 3 Zhu, L., et. al. Using the Avocado to Test the Satiety Effects of a Fat-fiber Combination in Place of Carbohydrate Energy in a Breakfast Meal in Overweight and Obese Men and Women: a Randomized Clinical Trial. *Nutrients* 2019 April; 11(5): 952. Access at [LoveOneToday.com/breakfast](https://www.loveonetoday.com/breakfast) 4 Heskey C, K. Oda, J. Sabaté. Avocado Intake, and Longitudinal Weight and Body Mass Index Changes in an Adult Cohort. *Nutrients* 2019 March; 11(3): 691. Access at [LoveOneToday.com/adventist](https://www.loveonetoday.com/adventist)