

RESEARCH PROGRAM

We are building the foremost body of credible and comprehensive avocado nutrition health science by supporting research that is beyond reproach.

We...

- Adhere to the highest scientific standards
- Cultivate a pipeline of research through which each project builds upon previous scientific findings
- Commit resources to projects that contribute meaningfully to the scientific literature and improve public health outcomes
- Publish or register study designs before trials begin to improve transparency and contribute to scientific rigor
- Fund projects in their entirety – regardless of the outcome

100+

peer-reviewed publications on the nutritional impacts of eating avocados, research from respected universities and scientists around the world has helped reveal how avocados impact:

Cardiovascular Health

Weight Management

Type 2 Diabetes

Healthy Living at Every Age

Nutrition Facts	
3 servings per container	
Serving size	1/3 medium (50g)
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 5g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	2%
Potassium 250mg	6%
Vitamin A 0mcg	0%
Vitamin C 4mg	4%
Vitamin E 1mg	6%
Vitamin K 11mcg	10%
Thiamin 0.04mg	4%
Riboflavin 0.1mg	8%
Niacin 1mg	6%
Vitamin B6 0.1mg	6%
Folate 45mcg	10%
Pantothenic Acid 0.7mg	15%
Phosphorus 30mg	2%
Magnesium 15mg	4%
Zinc 0.3mg	2%
Copper 0.1mg	10%
Manganese 0.1mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Published

In Progress



Cardiovascular Health



Weight Management



Type 2 Diabetes



Healthy Living at Every Age

Title	Key Measures	Primary Outcome	Secondary Outcomes
Kristina Petersen , Effect of Incorporating 1 Avocado per Day on Lipoprotein Particle Concentrations Compared to Habitual Intake in Adults with Abdominal Obesity: An Ancillary Study of the Habitual Diet and Avocado Trial, a Randomized Controlled Trial. Journal of Clinical Lipidology 2026.	Lipids, glycemic outcomes, blood pressure		
Britt Burton-Freeman , Effects of Increasing Total Fruit Intake With Avocado and Mango on Endothelial Function and Cardiometabolic Risk Factors in Adults With Prediabetes. Journal of the American Heart Association 2026.	Blood pressure, eye health, cognition, kidney function, inflammation		
Kevin Maki , Effects of Replacing Solid Fats and Added Sugars with Avocado In Adults with Elevated Cardiometabolic Risk: A Randomized, Double-Blind, Controlled Feeding, Crossover Trial. American Journal of Clinical Nutrition 2025.	Lipids, glycemic outcomes, blood pressure		
Kristina Petersen , Effect of Daily Avocado Intake on Cardiovascular Health Assessed By Life's Essential 8: An Ancillary Study of Hat, A Randomized Controlled Trial. Journal of the American Heart Association 2025.	LE8 composite, sleep, lipids		
Nirupa Matthan , Effect of Daily Avocado Consumption For 6 Mo Compared with Habitual Diet on Red Blood Cell Fatty Acid Profiles and Association with Cardiometabolic Risk Factors in Individuals with Abdominal Obesity: A Randomized Trial. American Journal of Clinical Nutrition 2024.	Fatty acids		
Yasmine Probst , Avocado Intake and Cardiometabolic Risk Factors in a Representative Survey of Australians: A Secondary Analysis of the 2011-2012 National Nutrition and Physical Activity Survey. Nutrition Journal 2024.	HDL, BMI, glycemic measures		
Kristina Petersen , Effect of Incorporating One Avocado Per Day Versus Habitual Diet on Vascular Function in Adults With Abdominal Obesity- An Ancillary Study of the Habitual Diet And Avocado Trial, A Randomized Controlled Trial. Journal of the American Heart Association 2024.	Central & peripheral blood pressure		
Matthew Allison , Changes in Biomarkers of Non-Alcoholic Fatty Liver Disease (Nafld) Upon Access to Avocados in Hispanic/Latino Adults: Secondary Data Analysis of a Cluster Randomized Controlled Trial Nutrients 2022.	Liver function, inflammation		



Title	Key Measures	Primary Outcome	Secondary Outcomes
Zhiping Yu , Association of Fruit and Vegetable Color with Incident Diabetes and Cardiometabolic Risk Biomarkers in the United States Hispanic/Latino Population. Nutrition & Diabetes 2022.	Cardiometabolic, BMI, diabetes incidence		
Hannah Holscher , Single Nucleotide Polymorphisms Related to Lipoprotein Metabolism Are Associated with Blood Lipid Changes following Regular Avocado Intake in a Randomized Control Trial among Adults with Overweight and Obesity. Journal of Nutrition 2020.	Lipids		
Penny Kris-Etherton , A Moderate Fat Diet with One Avocado Per Day Increases Plasma Antioxidants and Decreases the Oxidation of Small, Dense Ldl in Adults with Overweight and Obesity: A Randomized Controlled Trial. Journal of Nutrition 2019.	Cholesterol, antioxidants		
Britt Burton-Freeman , Avocado Fruit On Postprandial Markers of Cardio-Metabolic Risk: A Randomized Controlled Dose Response Trial in Overweight and Obese Men and Women. Nutrients 2018.	Glucose, insulin, vasodilation		
Elizabeth Johnson , Avocado Consumption and Risk Factors for Heart Disease: A Systematic Review and Meta-Analysis. American Journal of Clinical Nutrition 2018.	Cholesterol		
Penny Kris-Etherton , A Healthy Approach to Dietary Fats: Understanding the Science and Taking Action to Reduce Consumer Confusion. Nutrition Journal 2017.	Lipids		
Penny Kris-Etherton , Effect of a Moderate Fat Diet With and Without Avocados on Lipoprotein Particle Number, Size and Subclasses in Overweight and Obese Adults: A Randomized, Controlled Trial. Journal of the American Heart Association 2015.	Cholesterol		
David Heber , Hass Avocado Modulates Postprandial Vascular Reactivity and Postprandial Inflammatory Responses to a Hamburger Meal in Healthy Volunteers. Food and Function 2013.	Vascular health, inflammation		
Britt Burton-Freeman, Illinois Tech. Effects of Avocado on Triglyceride Metabolism in Individuals with Insulin Resistance.	Lipids, inflammation, glycemic measures		
Tanja Adam, Maastricht University. Avocado Consumption Impact on Brain and Peripheral Cardiovascular Health in Pre-Diabetes.	Cerebral blood flow, FMD, lipids, OGTT, cognition		
Jane Lee, Sookmyung Women's University. Associations of Avocado and Avocado Oil Consumption with Cardiometabolic Biomarkers and Adiposity Outcomes	Cardiometabolic biomarkers, adiposity outcomes		
Joan Sabate , The Effect of Daily Avocado Intake on Food and Nutrient Displacement in a Free-Living Population with Abdominal Obesity. Current Developments in Nutrition 2024.	Diet quality		
Alice Lichtenstein, Tufts University. Effect of Incorporating 1 Avocado Per Day Versus Habitual Diet on Visceral Adiposity: A Randomized Trial. Journal of American Heart Association 2022.	Visceral fat, glucose, insulin, lipids, waist circumference, blood pressure		
Yasmine Probst, University of Wollongong. Consumption of Avocado and Associations With Nutrient, Food, and Anthropometric Measures in a Representative Survey of Australians: A Secondary Analysis of the 2011–2012 National Nutrition and PhysicalActivity Survey. British Journal of Nutrition 2021.	Body weight, diet quality		
Naiman Khan , Avocado Consumption, Abdominal Adiposity, and Oral Glucose Tolerance Among Persons with Overweight and Obesity. Journal of Nutrition 2021.	Glycemic measures, body comp		
Mark Dreher , A Comprehensive Critical Assessment of Increased Fruit and Vegetable Intake on Weight Loss in Women. Nutrients 2020.	Body weight		
Zhaoping 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.	BMI, body weight, triglycerides, gut microbes		



Title	Key Measures	Primary Outcome	Secondary Outcomes
Britt Burton-Freeman , Using the Avocado to Test the Satiety Effects of a Fat-Fiber Combination in Place of Carbohydrate Energy in a Breakfast Meal in Overweight an Obese Men and Women: A Randomized Clinical Trial. Nutrients 2019.	Hunger, meal satisfaction, fullness, fatigue		
Joan Sabatè , Avocado Intake, and Longitudinal Weight and Body Mass Index Changes in an Adult Cohort. Nutrients 2019.	Weight, BMI		
Joan Sabatè , Postprandial Gut Hormone Responses to Hass Avocado Meals and their Association with Visual Analog Scores in Overweight Adults: A Randomized 3x3 Crossover Trial. Eating Behaviors 2018.	Gut satiety hormones		
Joan Sabatè , A Randomized 3x3 crossover Study to Evaluate the Effect of Hass Avocado Intake on Post-Ingestive Satiety, Glucose and Insulin Levels, and Subsequent Energy Intake in Overweight Adults. Nutrition Journal 2013.	Desire to eat, meal satisfaction, glucose, insulin		
Jana Kraft, University of Vermont. Acute Avocado Consumption on Postprandial Glycemic and Appetite/Satiety Responses.	Glycemic measures, satiety		
Sujatha Rajaram , The Effect of Including One Avocado Daily in a Habitual Diet on the Glycemic Index and Glycemic Load in Free-living Adults with Overweight/Obesity. Current Developments in Nutrition 2026.	Glycemic measures		
Alice Lichtenstein , Serum Metabolite Profiles in Adults With Abdominal Obesity in Response to Consuming 1 Avocado Daily for 6 Months: An Exploratory Analysis. Journal of the American Heart Association, 2026.	Glycemic measures		
Brit Burton-Freeman , Using the Avocado as an Evening Snack to Investigate Whole Food Matrix and Macronutrient Composition on Morning Metabolic Indices in Adults With Prediabetes. Current Developments in Nutrition 2025.	Glycemic measures		
Sonia Rodríguez-Ramírez Association Between Avocado Consumption and Diabetes in Mexican Adults: Results From the 2012, 2016, and 2018 Mexican National Health and Nutrition Surveys. Journal of the Academy of Nutrition and Dietetics 2024.	Glycemic measures		
Alexis Wood , Associations Between Avocado Intake and Measures of Glucose and Insulin Homeostasis in Hispanic Individuals With and Without Type 2 Diabetes: Results from the Hispanic Community Study/Study of Latinos (HCHS/SOL). Nutrition, Metabolism and Cardiovascular Diseases 2023.	Glycemic responses		
Alexis Wood , Associations Between Metabolomic Biomarkers of Avocado Intake and Glycemia in the Multi-Ethnic Study of Atherosclerosis. Journal of Nutrition 2023.	Insulin and glucose		
Britt Burton-Freeman, Illinois Tech. Avocado Consumption for 12 Weeks and Cardiometabolic Risk Factors: A Randomized Controlled Trial in Adults with Overweight or Obesity and Insulin Resistance. The Journal of Nutrition 2022.	Glycemic measures, diet quality, inflammation		
Kevin Maki, University of Nevada. The Effects of Avocado Consumption on Inflammation and Insulin Sensitivity in Adults with Elevated High Sensitivity-C-reactive protein (hs-CRP).	Inflammation, glycemic measures, lipids		
John Apolzan, Pennington Biomedical Research Center. Effects of Hass Avocados on Glycemic Control in Persons with Type 2 Diabetes.	OGTT, fasting glucose, and CGM		
Alanna Moshfesh. Avocado Consumption Patterns and Nutrient Contribution in the US: National Health and Nutrition Examination Survey 2017–March 2020 and August 2021–August 2023. Nutrients 2026.	Avocado intake		
Joan Sabate. Effects of one avocado a day for six months on cognitive performance in overweight adults: A randomized controlled trial. Journal of Nutrition Health & Aging 2026.	Cognitive function		



Title	Key Measures	Primary Outcome	Secondary Outcomes
Zhaoping Li , Impact of Daily Avocado Consumption on Gut Microbiota in Adults with Abdominal Obesity: An Ancillary Study of Hat, A Randomized Controlled Trial. Food & Function 2025.	Fecal microbiota, urinary markers of kidney health		
Zhaoping Li , Adherence and Body Weight with Daily Avocado Consumption Among Latina Women of the Habitual Diet and Avocado Trial (HAT). Food & Function 2025.	Fecal microbiota, urinary markers of kidney health		
Sari Hantunen , Avocado Consumption During Pregnancy Linked to Lower Child Food Allergy Risk: Prospective Kubico Study. Pediatric Research 2025.	Infant allergy		
Stephen Fleming , Exploring Avocado Consumption and Health: A Scoping Review and Evidence Map. Frontiers in Nutrition 2025.	Scoping review		
Song Yi Park , Avocado and Guacamole Consumption and Colorectal Cancer Risk: The Multiethnic Cohort Study. Nutrition and Cancer 2024.	Cancer risk		
Kristina Petersen , One Avocado per Day as Part of Usual Intake Improves Diet Quality: Exploratory Results from a Randomized Controlled Trial. Current Developments in Nutrition 2024.	Diet quality		
Matthew Allison , Nutritional Avocado Intervention Improves Physical Activity Measures in Hispanic/Latino Families: A Cluster RCT. American Journal of Preventative Medicine 2023.	Physical activity		
Hannah VanEvery , The Impact of Avocado Intake on Anthropometric Measures Among Hispanic/Latino Children and Adolescents: A Cluster Randomized Controlled Trial. Clinical Nutrition ESPEN 2023.	Diet quality, blood pressure, weight, BMI, waist circumference		
Nikki Ford , Nutritional Composition of Hass Avocado Pulp. Foods 2023.	Review		
Alexis Wood , Avocado Consumption and Markers of Inflammation: Results From the Multi-Ethnic Study of Atherosclerosis (MESA) European Journal of Nutrition 2023.	Inflammation		
Zhaoping Li . Avocado Consumption Increased Skin Elasticity and Firmness in Women - A Pilot Study. Journal of Cosmetic Dermatology 2022.	Skin health		
Gina Segovia-Siapco , Associations between Avocado Consumption and Diet Quality, Dietary Intake, Measures of Obesity and Body Composition in Adolescents: The Teen Food and Development Study. Nutrients 2021.	Diet quality and body weight		
Matthew Allison , Effects of Different Allotments of Avocados on the Nutritional Status of Families: A Cluster Randomized Controlled Trial. Nutrients 2021.	Diet quality, weight		
Mark Dreher , A Comprehensive Review of Hass Avocado Clinical Trials, Observational Studies, and Biological Mechanisms. Nutrients 2021.	Review		
Matt Taylor , US Older Adults That Consume Avocado or Guacamole Have Better Cognition Than Non-consumers: National Health and Nutrition Examination Survey 2011-2014. Frontiers in Nutrition 2021.	Cognition		
Hannah Holscher , Avocado Consumption Alters Gastrointestinal Bacteria Abundance and Microbial Metabolite Concentrations Among Adults with Overweight or Obesity: A Randomized Controlled Trial. Journal of Nutrition 2020.	Gut microbiome		
Nikki Ford , The Forgotten Fruit: A Case for Consuming Avocado Within the Traditional Mediterranean Diet. Frontiers in Nutrition 2020.	Review		



Title	Key Measures	Primary Outcome	Secondary Outcomes
Naiman Khan , Effects of 12-week Avocado Consumption on Cognitive Function Among Adults with Overweight and Obesity. <i>International Journal of Psychophysiology</i> 2020.	Cognition		
Jim Stringham , Lutein Across the Lifespan: From Childhood Cognitive Performance to the Aging Eye and Brain. <i>Current Developments in Nutrition</i> 2019.	Eye health, cognition, review		
Mark Dreher , Whole Fruits and Fruit Fiber Emerging Health Effects. <i>Nutrients</i> 2018.	Review		
Elizabeth Johnson , Avocado Consumption Increases Macular Pigment Density in Older Adults: A Randomized, Controlled Trial. <i>Nutrients</i> 2017.	Macular pigment, cognition		
Louise Dye , Methodological Challenges in Studies Examining the Effects of Breakfast on Cognitive Performance and Appetite in Children and Adolescents. <i>Advances in Nutrition</i> 2017.	Review		
Victor Fulgoni , Avocado Consumption by Adults is Associated with Better Nutrient Intake, Diet Quality, and Some Measures of Adiposity: National Health and Nutrition Examination Survey, 2001-2012. <i>Internal Medicine Review</i> 2017.	Diet quality, body weight		
Stephanie Atkinson , The Role of Avocados in Maternal Diets during the Periconceptional Period, Pregnancy and Lactation. <i>Nutrients</i> 2016.	Pregnant/lactating review		
Stephanie Atkinson , The Role of Avocados in Complementary & Transitional Feeding. <i>Nutrients</i> 2016.	Babies review		
Mark Dreher , Hass Avocado Composition and Potential Health Effects. <i>Critical Reviews in Food Science and Nutrition</i> 2013.	Review		
Steve Schwartz , Avocado Consumption Enhances Human Postprandial Provitamin A Absorption and Conversion from a Novel High- β -carotene Tomato Sauce and from Carrots. <i>Journal of Nutrition</i> 2013.	Nutrient availability		
Victor Fulgoni , Avocado Consumption is Associated with Better Diet Quality and Nutrient Intake, and Lower Metabolic Syndrome Risk in U.S. Adults: Results from the National Health and Nutrition Examination Survey (NHANES) 2001-2008. <i>Nutrition Journal</i> 2013.	Diet quality, body weight, cholesterol, metabolic syndrome		
Sari Hantunen, University of Eastern Finland . Avocado intake associated with pregnancy health measures.	Pregnancy outcomes and maternal health measures		
Corrie Whisner, Arizona State University . Early Avocado Exposure on Development and the Gut Microbiome in American Hispanic Infants.	Gut microbiome, cognition		
Nikki Ford, Avocado Nutrition Center . Modification of Mexican-style dishes on nutrient intake in the US.	Nutrient intake		
Xiang Gao, Fudan University . Relationship between GI disorders and avocado intake in the UK Biobank.	Incidence of GI disorders		
Stephen Fleming, Traverse Science . Avocado Intake Across the Lifespan and Health: A Meta-Analysis	Lipids, glycemic control, body weight		
Matthew Taylor, University of Kansas Medical Center , The Effect of Daily Avocado Intake on Cognitive Function in Older Adults.	Cognition, brain blood flow		
Carol Cheatham, University of North Carolina at Chapel Hill , An Avocado Intervention to Improve the Nutrient Quality of Human Milk in Support of Infant Cognitive Development.	Breast milk composition, Infant cognition		

Published

In Progress

Cardiovascular
HealthWeight
ManagementType 2
DiabetesHealthy Living
at Every Age**Susan Johnson, University of Colorado.** Avocado Intake in the Early Years.Complementary feeding
practices**Hannah Holscher, University of Illinois.** PATH2: Effects of avocado intake on gastrointestinal and cognitive health.Gut health, inflammation,
cognition, body weight

INDEPENDENTLY FUNDED PUBLISHED RESEARCH

Title	Key Measures	Primary Outcome	Secondary Outcomes
Sahel Hamednia , Effects of Avocado Products on Cardiovascular Risk Factors in Adults: A GRADE-Assessed Systematic Review and Meta-Analysis. Food Science & Nutrition 2025.	Cardiometabolic outcomes		
Emily Hill , Mini-Med: Study Protocol for a Randomized, Multi-Intervention, Semi-Controlled Feeding Trial of a Mediterranean-Amplified vs. Habitual Western Dietary Pattern for the Evaluation of Food-Specific Compounds and Cardiometabolic Health. Trials 2024.	Cardiometabolic health		
Okelue Okobi , Effect of Avocado Consumption on Risk Factors of Cardiovascular Diseases: A Systematic Review and Meta-Analysis. Cureus 2023.	Cardiometabolic health		
Helga Madsen , Fruit and Vegetable Consumption and the Risk of Hypertension: A Systematic Review and Meta-Analysis Of Prospective Studies. European Journal of Nutrition 2023.	Risk of hypertension		
Adriana Monge , Avocado Consumption is Associated with a Reduction in Hypertension Incidence in Mexican Women. British Journal of Nutrition 2023.	Risk of hypertension		
Lorena Pacheco , Avocado Consumption and Risk of Cardiovascular Disease in US Adults. Journal of the American Heart Association 2022.	Diet quality, cardiovascular disease		
Josefina Bressan , Can Avocado Intake Improve Weight Loss in Adults with Excess Weight? A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Nutrition Research 2022.	Body weight, BMI, body fat		
Caroline I Ericsson , Prospective Study of Avocado Consumption and Cancer Risk in US Men and Women. Cancer Prevention Research, 2022.	Cancer risk		
Begoña Olmedilla-Alonso , Changes in Lutein Status Markers (Serum and Faecal Concentrations, Macular Pigment) in Response to a Lutein-Rich Fruit or Vegetable (Three Pieces/Day) Dietary Intervention in Normolipemic Subjects. Nutrients 2021.	Macular pigment		
Fernando Sousa , Avocado (Persea Americana) Pulp Improves Cardiovascular and Autonomic Recovery Following Submaximal Running: A Crossover, Randomized Double-Blind and Placebo-Controlled Trial. Scientific Reports 2020.	Heart rate variability		
Xuanxia Mao , Intake of Vegetables and Fruits Through Young Adulthood Is Associated with Better Cognitive Function in Midlife in the US General Population. The Journal of Nutrition 2019.	Cognition		
Amanda Khor , Postprandial Oxidative Stress is Increased After a Phytonutrient Poor Food But Not After a Kilojoule-Matched Phytonutrient-rich Food. Nutrition Research 2014.	Inflammation, oxidative stress, insulin, cholesterol		

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