

# **AVOCADOS - WEIGHT LOSS BENEFITS COURSE LEARNING WORKBOOK**



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### **Note: External Links: Regarding Advertisements**

There are links provided in this Course Learning Workbook. There may also be some links on the GMP Fitness Learning Platform. These links, which may also provide advertisements, are for informational purposes only. These links are for informational purposes only; they do not constitute an endorsement or approval by GMP Fitness® of any of the products by these companies.

**AVOCADO COURSE 3**  
**AVOCADOS - WEIGHT LOSS BENEFITS—COURSE WORK BOOK**  
**ACTIVITY QUESTIONS AND ASSIGNMENTS**

This course includes “40 numbered activity questions” designed to help you present your results. We recommend completing the questions as you go through the course. The questions will guide you through each lesson, help reinforce and check your understanding of the material, and prepare you for the final exam.

1. How many vitamins, minerals, and phytonutrients are in a 1-oz. serving of fresh avocado (1/5 of a medium fruit).

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2. How much monounsaturated fat is in a 1-oz. serving of an avocado?

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3. How much sugar is in one serving of an avocado?

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4. How much beta-sitosterol is in a 1-oz. serving of a fresh avocado?

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5. What is beta-sitosterol?

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6. How do avocados act as a nutrient booster?

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7. What is the Mediterranean style eating pattern based on?

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8. What is the U.S. style eating pattern based on?

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9. What are vegetarian eating patterns based on?

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10. What is dietary fiber?

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11. Why is dietary fiber helpful in controlling weight?

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12. What are carbohydrates?

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13. What are simple carbohydrates?

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14. What is the primary function of carbohydrates?

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15. What is the recommended serving size for vegetables?

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16. What is the recommended serving size for fruits?

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17. What is the recommended serving size for bread and cereals?

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18. What is the recommended serving size for dairy?

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19. According to the USDA MyPlate program and the Dietary Guidelines for Americans, when choosing carbohydrates, Americans should emphasize naturally occurring carbohydrates. List five recommended foods.

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20. What is the glycemic index?

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21. What does high GI food do?

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22. What are easy ways that avocados can be incorporated into your foods?

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23. What are the key principles of the MyPlate diet?

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24. How do fresh avocados fit into the eating pattern of the MyPlate diet?

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25. What are the key principles of the DASH diet?

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26. How do fresh avocados fit into the eating pattern of the DASH diet?

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27. What are the key principles of the Mediterranean diet?

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28. How do fresh avocados fit into the eating pattern of the Mediterranean diet?

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29. What are the key principles of a weight-control eating plan?

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30. How do fresh avocados fit into the eating pattern of a weight-control eating plan?

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31. What are the key principles of a vegetarian eating plan?

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32. How do fresh avocados fit into the eating pattern of a vegetarian eating plan?

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33. What was the study conducted by the University of California, Los Angeles (UCLA) and published in the journal Food and Function investigating?

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34. What were the key findings from this study?

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35. From this study what is the relationship between inflammation and health?

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36. From this study was there something special with avocado's composition that resulted in the studies' positive outcomes?

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37. Give three examples of how you can pair avocados with other foods.

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38. Why do you need potassium and how much is in an avocado?

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39. Give six reasons why avocados are the best weight-loss food. •

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40. What was the conclusion regarding avocado consumption from the NHANES survey?

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### **LESSON 3: AVOCADOS VIDEOS, ARTICLES, AND RESOURCES** **MORE COURSE ACTIVITY QUESTIONS**

#### **Additional Assignments**

— In addition to the “40 numbered” activity questions” there are external video/article/audio links ( ∞ ) that also have questions. These questions are not on the exam.

— Some of the external webinar/video/article/audio links will have advertisements.

— The main purpose of the external webinar/video/article links is to watch and/or read

them and increase student engagement.

The webinar/video links also offer you the flexibility to pause, rewind, or skip parts if you would like to. With the articles, you can re-read them as many times as you like.

### **The external links are more for you to write, draw, and discuss what you have learned.**

There are a number of things you can do to process and learn from the external links to help you learn the information. For example, write down keywords that you learn on index cards or in your notes. Then review this and any other notes you took.

— Also, draw pictures to help you recall keywords. [Research](#) says drawing pictures may help you remember better boost memory and challenge students to explore the materials in different ways.

— You might find that some of the external links are similar in what they provide in learning. This will help retention and reinforce the material more.

— Take your time through the videos/articles - pausing as often as you like - to engage more with the content and enhance learning processes.

— Discuss what else you learned. Discussion helps you think about what you learned more.

**Again, while there are some “[Additional Assignment Questions](#)” provided below - these questions are not on the exam. They are to help reinforce the material.**

### **External Link Assignments Quick Steps**

- Click on the external webinar/video/article links ( ∞ ) below.
- Key Points: Identify core sections.
- Webinars/Videos: Pause, rewind, and rewatch.
- Take notes.
- In addition to any questions below, write and discuss what you have learned from each external link.

### **EXTERNAL VIDEO LINKS**

#### **Video Assignment**

- Click on the external video links below to learn more about avocados.
- Watch each video.
- Key Points: Identify core sections. Pause, rewind, and rewatch. Take notes.
- Write and discuss what you have learned from each video.
- Describe at least 3 things you have learned from each video.
- ∞ [Eat to Thrive with Vega Webinar - LuckyVitamin Happy Wellness Webinar - YouTube](#) - Webinar 50 minutes



- What foods fuel optimal performance?

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- What impacts your energy?

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- What foods can leave you feeling sluggish?

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- List as many foods as you can that are rich in micro-nutrients and are nutrient-dense.

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- What can you do to beans and nuts to make them more nutrient-dense?

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- What do enzymes in food do?

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- Way do you read nutrition labels?

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- How do you know if a packaged food is clean?

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- What is mindful eating?

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- How do you make healthful eating choices when eating out?
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— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [Carlson : Healthy Diet, Healthy Mind - LuckyVitamin Happy Wellness Webinar - YouTube- Webinar 54 minutes](#)

- What are some things that have increased that rate of chronic diseases?
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- How do you nourish the brain?
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- According to this webinar - about how many pounds of sugar do individuals consume per year? Then search online. Has the amount of sugar increased now?
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- What plaque does sugar effect in the brain?
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- How many years does it take before symptoms of Alzheimer's shows up?
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- Why do you want to eat less sugar?
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- What reduces amyloids?

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- What are some examples of omega 3?

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- What are some examples of omega 6?

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- What is choline?

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- What are important brain nutrients?

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— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [Are Avocados Healthy? 6 Health Benefits of the Superfood](#) - Video 1 minute / Article

- What is the benefit of eating "good" fats?

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- Why is eating an avocado a weight loss strategy?

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- What did the study published in The Journal of Nutrition discover about the impact of avocado consumption specifically on belly fat?

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- How do avocados help the heart?
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- How do avocados help support a healthier diet overall?
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— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [Avocado :- Health Benefits](#) - Youtube Video 6.04 minutes

- How many different vitamins and minerals does an avocado contain?
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- What are some of the nutrients in an avocado?
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- What is the benefit of oleic acid?
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- Why are avocados a healthy and safe choice for cooking?
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- What is soluble fiber?
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- How do avocados help blood cholesterol?
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- How do avocados help you absorb foods better?
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— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [How to eat an Avocado: Nutrition Benefits, Tips & Preparation](#) - Youtube Video 16.40 minutes

- What else is the avocado called?
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- Why are avocados such a powerful food to include in your diet?
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- How do avocados help your cells?
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- What antioxidants are avocados high in?
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- What happens when avocados are getting too ripe?
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- Which avocado has the smaller pit?
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— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [If You Eat an Avocado a Day For a Month, Here's What Will Happen to You](#) - Youtube Video 9.19 minutes

- Why is potassium important for your body?

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- Who should not have avocados?

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- What did the study in the video find about avocados and lowering bad LDL cholesterol?

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- How do avocados help the liver?

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- What do Vitamin E and K do together?

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- How do avocados help your eyes?

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- What does the research say about avocados and cancer cells?

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— Discuss any things you have learned or reinforced.

- 1.

- 2.
- 3.

∞ [Are Avocados Good For Weight Loss?](#) - Video 3.53 minutes

- What oil is avocado oil like?

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- What are some good ways to use avocado?

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— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [What Avocados Do To Your Gut](#) - Video 3.57 minutes

- How does the avocado help your microbiome?

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— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

## EXTERNAL ARTICLE REINFORCEMENT LINKS

— Click on the external article links below to learn more about avocados.

— Read each article.

— Answer any questions and write and discuss up to 3 things you have learned from each article.

∞ [16 Awesome Avocado Health Benefits](#)

In a study that included 345 people, it was found that fiber intake was the most influential predictor of body weight, independent of calorie and macronutrient intake (32). [Review this article](#) - Fiber Intake Predicts Weight Loss and Dietary Adherence in Adults Consuming Calorie-Restricted Diets: The POUNDS Lost (Preventing Overweight Using Novel Dietary Strategies) Study

- What were the results of the study?

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- What was the summary of the article?
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— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [Liver Health Eats: The Almighty Avocado](#)

- Why is the avocado is a liver super-food?
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— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [One Avocado has a Surprising Effect on Your Brain](#)

— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [Ten delicious health benefits of eating more avocado](#)

— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

∞ [8 Reasons Avocado is the Best Weight Loss Food](#)

- Discuss the studies on avocados and weight loss.
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— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

#### ∞ [11 Avocado Benefits for Weight Loss and Better Health](#)

- Discuss how avocados help with joint health.

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— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

#### ∞ [Avocado: Nutrition and benefits - Medical News Today](#)

- Discuss avocados allergies and FODMAP.

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— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

#### ∞ [Avocado Nutrition Facts and Health Benefits - Verywell Fit](#)

- Discuss avocados and diabetes management.

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— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

#### ∞ [Fresh California Avocados](#)

— Discuss any things you have learned or reinforced.

- 1.

- 2.
- 3.

### ∞ Top 10 Ways to Enjoy Avocados

- Discuss healthy ways to enjoy avocados.

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— Discuss any things you have learned or reinforced.

- 1.
- 2.
- 3.

