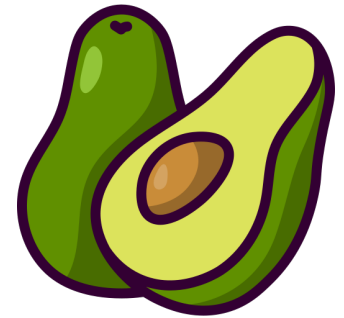


AVOCADOS CAN IMPROVE YOUR OVERALL HEALTH

WHAT THEY'RE SAYING

People who ate avocados reported improved overall health, diet quality, and decreased risk of metabolic syndrome compared to those who didn't eat them.



WHAT WE KNOW

Avocados are packed with heart-healthy monounsaturated fats, dietary fiber and vitamins such as E, B6, C, K and folate. When eaten in moderation, or used as a substitute for saturated fats, monounsaturated fats can be beneficial to your health. They may help reduce LDL ("bad") cholesterol levels as well as decrease your risk of heart disease and stroke. A recent study has shown a relationship exists between avocado consumption and improved diet quality and overall health.

HOW DO WE KNOW THIS?

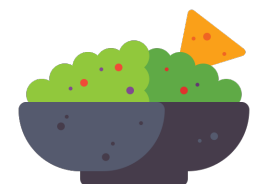
The findings of the study, published in Nutrition Journal, were based on data from the National Health and Nutrition Examination Survey (NHANES). Over 17,000 adults participated in the study. Overall, avocado consumers had significantly higher intakes of fruits and vegetables, improved diet quality, and higher HDL cholesterol levels, as well as increased intake of unsaturated fatty acids, dietary fiber, vitamins E and K, magnesium, and potassium versus non-consumers. Researchers found that avocado consumers had lower intakes of added sugars in their diets as well as lower body weight, body mass index (BMIs), waist circumference and a decreased risk of developing metabolic syndrome, a precursor to coronary artery disease, stroke, and diabetes.*

SUGGESTIONS

Avocados are a versatile, delicious and heart-healthy food! They should be consumed as part of a healthy diet that focuses on increased fruit and vegetable intake. There are many ways to enjoy avocado. Here are a few ways to include more avocados in your diet.



Guacamole ... Of Course! Enjoy this simple guacamole as a dip or try it with grilled chicken, pork or fish.



Skip the Mayo. Mix creamy avocado with nonfat Greek yogurt and spread it on sandwiches, crackers, or use it as a dip for vegetables!

Creamy Oatmeal. Try stirring in a little avocado to your warm oatmeal. It's a great substitute for butter!

Egg-cellent Avocado. Layer slices of avocado on top of scrambled egg whites. Enjoy as is or try it on a toasted whole wheat English muffin. You won't miss the cheese!

Enjoy the health benefits of avocados along with a variety of other fruits and vegetables. They pair wonderfully with mangoes, pineapple, bell pepper, scallions, corn ... the possibilities are endless!

*Fulgoni, Victor L., Mark Dreher, and Adrienne J. Davenport. "Avocado Consumption Is Associated with Better Diet Quality and Nutrient Intake, and Lower Metabolic Syndrome Risk in US Adults: Results from the National Health and

Nutrition Examination Survey (NHANES) 2001–2008." Nutrition Journal 12.1 (2013): n. pag. Nutrition Journal. 2 Jan. 2013. Web. 21 Feb. 2012.

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