

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;
- convene advisory panels to obtain objective guidance on future research;
- 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; and
- disseminate the research findings to all interested stakeholders.

1/3
of a medium
avocado (50g)
is one
serving size



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			
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. <i>Journal of Nutrition</i> 2019	Adults; Whole; cholesterol, antioxidants (RCT)					
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. <i>Nutrients</i> 2018	Adults; Half + Whole; glucose, insulin, vasodilation (RCT)					
Elizabeth Johnson , Avocado Consumption and Risk Factors for Heart Disease: a Systematic Review and Meta-Analysis. <i>American Journal of Clinical Nutrition</i> 2018	Adults; cholesterol (Meta)					
Penny Kris-Etherton , A Healthy Approach to Dietary Fats: Understanding the Science and Taking Action to Reduce Consumer Confusion. <i>Nutrition Journal</i> 2017	Adults; EB good fats (Review)					
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. <i>Journal of the American Heart Association</i> 2015	Adults; Whole; cholesterol (RCT)					
David Heber , Hass Avocado Modulates Postprandial Vascular Reactivity and Postprandial Inflammatory Responses to a Hamburger Meal in Healthy Volunteers. <i>Food and Function</i> 2013	Adults; Half; vascular health, inflammation (RCT)					
Penny Kris-Etherton, PSU. HAT Ancillary Study on Vascular Health and Acute Stress.	Adults; Whole; blood pressure (RCT)					
Kevin Maki, Indiana University . A Randomized, Controlled-Feeding, Crossover Study to Examine the Metabolic Effects of Replacing Energy from Solid Fats and Added Sugars (SoFAs) with Avocado in Men and Women with Elevated Triglycerides.	Adults; Whole; glucose, insulin, lipids, blood pressure, inflammation (RCT)					
Britt Burton-Freeman, Illinois Tech . Avocado Vascular Study (AvVa): Effects of Regular Intake of Avocados on Systemic and Ocular Vascular Health.	Adults; Whole; blood pressure, eye health, cognition, kidney function, inflammation, cholesterol, insulin, glucose, body weight (RCT)					



Title	Key Measures	Primary Outcome	Secondary Outcomes			
Matthew Allison, UC San Diego. Effect of Varying Amounts of Avocado Intake on Hepatic Health and Oxidative Stress in Latinos.	Kids; Adults; Elderly; varied amounts; liver health, inflammation (RCT)					
Mark Dreher, A Comprehensive Critical Assessment of Increased Fruit and Vegetable Intake on Weight Loss in Women. <i>Nutrients</i> 2020	Adults; women; weight loss (Review)					
Zhaoping Li, Hass Avocado Inclusion in a Weight-Loss Diet Supported Weight loss and Altered Gut Microbiota: A 12-week Randomized, Parallel-Controlled Trial. <i>Current Developments in Nutrition</i> 2019	Adults; Whole; BMI, body weight, triglycerides, gut microbes (RCT)					
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 and Obese Men and Women: A Randomized Clinical Trial. <i>Nutrients</i> 2019	Adults; Half + Whole; hunger, meal satisfaction, fullness, fatigue (RCT)					
Joan Sabatè, Avocado Intake, and Longitudinal Weight and Body Mass Index Changes in an Adult Cohort. <i>Nutrients</i> 2019	Adults; Varied Amounts; weight, BMI (Observational)					
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. <i>Eating Behaviors</i> 2018	Adults; Half; gut satiety hormones (RCT)					
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. <i>Nutrition Journal</i> 2013	Adults; Half; desire to eat, meal satisfaction, glucose, insulin (RCT)					
Naiman Khan, University of Illinois. Effects of Avocado Consumption on Abdominal Adiposity and Glucose Tolerance: Findings from the Persea Americana for Total Health (PATH) Randomized Controlled Trial.	Adults; Whole; body composition, glucose, insulin, gut microbes					
Habitual diet and Avocado Trial (HAT), Multi-site. Effects of a 6-Month Avocado Intervention on Visceral Adipose Tissue and Metabolic Function.	Adults; Whole; belly fat, glucose, insulin, lipids, waist circumference, blood pressure (RCT)					
David Baer, USDA-ARS. Macronutrient Absorption from Avocados: The Measured Energy Value of Avocados in the Human Diet.	Adults; Varied Amounts; calories absorbed, gut health (RCT)					
Alexis Wood, Baylor College of Medicine. Avocado Intake and Type 2 Diabetes Prevention: A Metabolomic Enhanced Analysis.	Adults; Hispanics; Varied Amounts; incidence of diabetes, glucose, insulin (Observational)					
Judy Rodriguez, University of North Florida. The Association of Consuming Different Fruit Colors and Risk Factors for Type 2 Diabetes in a Latino Population.	Adults; Varied Amounts; glucose, insulin, incidence of diabetes by fruit color (Observational)					
Britt Burton-Freeman, Illinois Tech. The Effects of Replacing Refined Carbohydrate Foods with Avocados on Cardiometabolic Health in Men and Women with Pre-diabetes and Metabolic Syndrome.	Adults; Whole; glucose, insulin, diet quality, weight (RCT)					
Yasmine Probst, University of Wollongong. Exploring Associations Between Avocado Consumption and Risk Factors for Type 2 Diabetes Mellitus: Secondary Analysis of Australian Health Survey and Clinical Trial Data.	Adults; Varied Amounts; insulin, glucose, weight, BMI, waist circumference, nutrient intake (Observational and RCT)					
Hannah Holscher, Avocado Consumption Alters Gastrointestinal Bacteria Abundance and Microbial Metabolite Concentrations Among Adults with Overweight or Obesity: A Randomized Controlled Trial. <i>Journal of Nutrition</i> 2020	Adults; gut microbes (RCT)					
Nikki Ford, The Forgotten Fruit: A Case for Consuming Avocado Within the Traditional Mediterranean Diet. <i>Frontiers in Nutrition</i> 2020	Adults; Mediterranean diet (Review)					
Naiman Khan, Effects of 12-week Avocado Consumption on Cognitive Function Among Adults with Overweight and Obesity. <i>International Journal of Psychophysiology</i> 2020	Adults; cognition (RCT)					

Published

In Progress

Cardiovascular
HealthWeight
ManagementType 2
DiabetesHealthy Living
at Every Age

Title	Key Measures	Primary Outcome	Secondary Outcomes			
Jim Stringham , Lutein Across the Lifespan: From Childhood Cognitive Performance to the Aging Eye and Brain. <i>Current Developments in Nutrition</i> 2019	Kids; Adults; Elderly; eye health, cognition (Review)					
Mark Dreher , Whole Fruits and Fruit Fiber Emerging Health Effects. <i>Nutrients</i> 2018	Kids; Adults; Elderly; gut health, cholesterol, blood pressure, cancer, diabetes, cognition (Review)					
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	Kids; cognition, appetite (Review)					
Elizabeth Johnson , Avocado Consumption Increases Macular Pigment Density in Older Adults: A Randomized, Controlled Trial. <i>Nutrients</i> 2017	Elderly; Whole; MPOD, cognition (RCT)					
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	Adults; Varied Amounts; diet quality, body weight, metabolic syndrome incidence (Observational)					
Stephanie Atkinson , The Role of Avocados in Maternal Diets during the Periconceptual 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)					
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	Adults; Half; nutrient boosting (RCT)					
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	Adults; diet quality, body weight, cholesterol, metabolic syndrome (Observational)					
Mark Dreher , Hass Avocado Composition and Potential Health Effects. <i>Critical Reviews in Food Science and Nutrition</i> 2013	Adults; avocado composition and benefits (Review)					
Matthew Allison, UC San Diego . Avocados in the Home Study Investigating the Effects of High and Low Avocado Intake on Diet Quality of Latino Families.	Kids; Adults; Elderly; Varied Amounts; cholesterol, glucose, diet quality, weight (RCT)					
Zhaoping Li, UCLA . The Effects of a 6-Month Avocado Intervention (HAT ancillary) on Gut Microbes.	Adults; Whole; fecal microbiota, urinary markers of kidney health (RCT)					
Joan Sabatè, LLU . Effects of Daily Avocado Consumption (HAT Ancillary) on Cognitive Function in an Overweight Adult Population.	Adults; Whole; cognitive function (RCT)					
Gina Segovia-Siapo, LLU . Avocado Intake and its Role in the Nutritional Status and Diet Quality of Adolescents: A Secondary Data Research.	Kids; Varied Amounts; diet quality and body weight (Observational)					
Zhaoping Li, UCLA . Determining the Effect of Avocado Consumption on Skin Aging.	Adults; Whole; skin health (RCT)					
Joan Sabatè, LLU . Acute vs. Chronic Effects of Consuming Avocado on Cognitive Performance in Overweight and Obese Adults.	Adults; Whole; cognitive function (RCT)					

fresh avocados
LOVE ONE TODAY®
 good source of fiber • naturally good fats

For more information visit
www.AvocadoNutritionCenter.com

