



**avocado** **NUTRITION**  
**C E N T E R**

— CLINICAL TRIALS —

An overview of Avocado Nutrition Center-funded clinical trials potentially available for application.

For more information, please visit  
**[AvocadoNutritionCenter.com/ResearchOpportunities](https://AvocadoNutritionCenter.com/ResearchOpportunities)**.  
For data inquiries, please contact **[ANC@hassavocadoboard.com](mailto:ANC@hassavocadoboard.com)**.

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# AVOCADO NUTRITION CENTER CLINICAL TRIALS

TRIAL	DESIGN OR PRIMARY OUTCOMES PAPER	METHODS	PRIMARY OUTCOME	SECONDARY OUTCOME	OTHER PUBLICATIONS
<b>HAT</b> (Data available 01/2024)	<a href="#"><u>The design and rationale of a multi-center randomized clinical trial comparing one avocado per day to usual diet: The Habitual Diet and Avocado Trial (HAT)</u></a>	1008 participants  1 avocado daily vs no avocado  6-month intervention	<b>Visceral adiposity</b> (0, 26 weeks)	<ul style="list-style-type: none"> <li>Hepatic lipid content (0, 26 weeks)</li> <li>Metabolic syndrome markers (triglycerides, cholesterol, glucose, insulin) (0, 12, 26 weeks)</li> <li>Hs-CRP (0, 12, 26 weeks)</li> <li>RBC MUFA/PUFA ratio (0, 12, 26 weeks)</li> <li>Blood pressure (0, 4, 8, 12, 16, 20, 26 weeks)</li> <li>Weight (0, 12, 26 weeks)</li> <li>Waist circumference (0, 12, 26 weeks)</li> <li>Quality of Life SF-36 (0, 12, 26 weeks)</li> <li>Quality of Life SF-20 (4, 8, 16, 20 weeks)</li> <li>Sleep Quality (0, 12, 26 weeks)</li> <li>24-hour diet recall (0, 8, 16, 26 weeks)</li> </ul>	View HAT publications in <a href="#">PubMed</a>
<b>Avo2</b>	<a href="#"><u>Avocado Consumption for 12 Weeks and Cardiometabolic Risk Factors: A Randomized Controlled Trial in Adults with Overweight or Obesity and Insulin Resistance</u></a>	93 participants  Avocado swap for carbohydrates  3-month intervention	<b>Changes in Insulin sensitivity</b> (Matsuda composite index of insulin sensitivity) (0, 12 weeks)	<ul style="list-style-type: none"> <li>(0, 12 weeks)</li> <li>Fasting blood glucose, blood insulin, HbA1c, ICAM-1 and VCAM-1</li> <li>Blood pressure</li> <li>Stunkard 3-factor eating questionnaire</li> <li>Plasma LDL-C, HDL-C, total cholesterol</li> <li>Body weight, waist circumference, body composition</li> <li>Blood lipoproteins, IL-6, MCP-1</li> </ul>	
<b>PATH-1</b>	<a href="#"><u>Effects of 12-week avocado consumption on cognitive function among adults with overweight and obesity</u></a>	84 participants  Daily avocado or isocaloric control meal  3-month intervention	<b>Abdominal Obesity</b> (0, 4, 8, 12 weeks)  <b>Glycemic Control</b> (0, 4, 8, 12 weeks)  <b>Insulin Resistance</b> (0, 4, 8, 12 weeks)  <b>Insulin Sensitivity</b> (0, 12 weeks)	<ul style="list-style-type: none"> <li>Gastrointestinal microbiota composition and short-chain fatty acids (0, 4, 8, 12 weeks)</li> <li>Cognitive function (0, 4, 8, 12 weeks)</li> <li>Retinal Lutein (0, 4, 8, 12 weeks)</li> <li>Serum Lutein (0, 12 weeks)</li> <li>Blood Lipid Panel (0, 12 weeks)</li> <li>Resting energy expenditure (0, 12 weeks)</li> <li>Neuroelectric assessment (0, 4, 8, 12 weeks)</li> <li>DNA analyses (Baseline)</li> <li>Diet intake (0, 4, 8, 12 weeks)</li> <li>Sleep and fatigue (0, 12 weeks)</li> <li>Physical activity (0, 12 weeks)</li> <li>Blood pressure (0, 12 weeks)</li> <li>Liver enzymes (0, 12 weeks)</li> <li>Inflammatory markers (0, 12 weeks)</li> </ul>	View PATH publications in <a href="#">PubMed</a>
<b>PSU Avo</b>	<a href="#"><u>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</u></a>	45 participants  Avocado vs moderate fat vs low fat; crossover controlled feeding  5-week intervention, 2-week run-in diet	<b>Lipids and lipoproteins</b>  <b>Lipoprotein size</b> (After run-in diet 0 weeks & after each intervention diet 5 weeks)	<ul style="list-style-type: none"> <li>(After run-in diet 0 weeks &amp; after each intervention diet 5 weeks)</li> <li>Oxidized-LDL</li> <li>Lipid hydroperoxide</li> <li>Macrophage cholesterol efflux</li> <li>HDL anti-inflammatory function</li> <li>Serum fatty acid profile</li> <li>Inflammatory biomarkers</li> </ul>	View PSU Avo publications in <a href="#">PubMed</a>