

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



RESEARCH PROGRAM

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

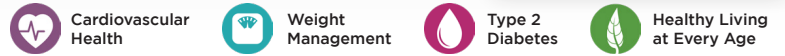
We...

- adhere to the highest scientific standards;
- 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.

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



Title	Key Measures	Primary Outcome	Secondary Outcomes		
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. <i>Nutrition Journal</i> 2024.	Adults; Varied amounts; HDL, BMI, glycemic measures (Observational)				
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. <i>Journal of the American Heart Association</i> 2024.	Adults; Varied amounts; (RCT)				
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 <i>Nutrients</i> 2022.	Kids; Adults; Elderly; varied amounts; liver health, inflammation (RCT)				
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. <i>Journal of Nutrition</i> 2020.	Adults; precision nutrition (RCT)				
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)				

Published

In Progress

Cardiovascular
HealthWeight
ManagementType 2
DiabetesHealthy Living
at Every Age

Title	Key Measures	Primary Outcome	Secondary Outcomes			
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)					
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 & Mango Vascular Study (AMVa): 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)					
Alice Lichtenstein, Tufts University . Effect of Incorporating 1 Avocado Per Day Versus Habitual Diet on Visceral Adiposity: A Randomized Trial. <i>Journal of American Heart Association</i> 2022.	Adults; Whole; belly fat, glucose, insulin, lipids, waist circumference, blood pressure (RCT)					
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 Physical Activity Survey. <i>British Journal of Nutrition</i> 2021.	Adults; Varied Amounts; body weight, diet quality (Observational)					
Naiman Khan , Avocado Consumption, Abdominal Adiposity, and Oral Glucose Tolerance Among Persons with Overweight and Obesity. <i>Journal of Nutrition</i> 2021.	Adults; Whole; body composition					
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 an 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)					
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. <i>Journal of the Academy of Nutrition and Dietetics</i> 2024	Adults; Hispanic/ Latino; Varied amounts; glycemic measures (Observational)					
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). <i>Nutrition, Metabolism and Cardiovascular Diseases</i> 2023.	Adults; Varied Amounts; T2D, Hispanic/Latino Glycemic responses (Observational)					
Alexis Wood , Associations between Avocado Intake and Lower Rates of Incident Type 2 Diabetes in US Adults with Hispanic/Latino Ancestry. <i>Journal of Diabetes Mellitus</i> 2023.	Adults; Varied Amounts; Hispanic/Latino Type 2 diabetes incidence (Observational)					
Alexis Wood , Associations Between Metabolomic Biomarkers of Avocado Intake and Glycemia in the Multi-Ethnic Study of Atherosclerosis. <i>Journal of Nutrition</i> 2023.	Adults; Varied Amounts; Hispanic/Latino Fasting insulin and glucose (Observational)					
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. <i>The Journal of Nutrition</i> 2022.	Adults; Whole; glucose, insulin, diet quality, weight (RCT)					

Published

In Progress



Title	Key Measures	Primary Outcome	Secondary Outcomes			
John Apolzan, Pennington Biomedical Research Center. Effects of Hass Avocados on Glycemic Control in Persons with Type 2 Diabetes.	Adults; Whole; T2D, OGTT, fasting glucose, and CGM (RCT)					
Britt Burton-Freeman, Illinois Tech. Morning Glycemic Response to an Evening Avocado Snack.	Adults; glucose, insulin (RCT)					
Feon Cheng, Avocado and Guacamole Consumption and Colorectal Cancer Risk: The Multiethnic Cohort Study. <i>Nutrition and Cancer 2024</i>	Adults; Varied Amounts; Multi-Ethnic Cohort					
Kristina Petersen, One Avocado per Day as Part of Usual Intake Improves Diet Quality: Exploratory Results from a Randomized Controlled Trial. <i>Current Developments in Nutrition 2024.</i>	Adults; Whole; RCT					
Matthew Allison, Nutritional Avocado Intervention Improves Physical Activity Measures in Hispanic/Latino Families: A Cluster RCT. <i>American Journal of Preventative Medicine 2023.</i>	Adults, Children; Varied Amounts; Hispanic/Latino, (RCT)					
Hannah VanEvery, The impact of avocado intake on anthropometric measures among Hispanic/Latino children and adolescents: A cluster randomized controlled trial. <i>Clinical Nutrition ESPEN 2023.</i>	Kids; Varied Amounts; diet quality, blood pressure, weight, BMI, waist circumference (RCT)					
Nikki Ford, Nutritional Composition of Hass Avocado Pulp. <i>Foods 2023.</i>	Review: Nutrients & Bioactives					
Alexis Wood, Avocado consumption and markers of inflammation: results from the Multi-Ethnic Study of Atherosclerosis (MESA) <i>European Journal of Nutrition 2023.</i>	Adults; Varied Amounts; Inflammation biomarkers					
Zhaoping Li. Avocado Consumption Increased Skin Elasticity and Firmness in Women - A Pilot Study. <i>Journal of Cosmetic Dermatology 2022.</i>	Adults; Whole; skin health (RCT)					
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. <i>Nutrients 2021.</i>	Kids; Varied Amounts; diet quality and body weight (Observational)					
Matthew Allison, Effects of Different Allotments of Avocados on the Nutritional Status of Families: A Cluster Randomized Controlled Trial. <i>Nutrients 2021.</i>	Adults; Elderly; Varied Amounts; diet quality, weight (RCT)					
Mark Dreher, A Comprehensive Review of Hass Avocado Clinical Trials, Observational Studies, and Biological Mechanisms. <i>Nutrients 2021.</i>	Adults; avocado & health benefits (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. <i>Frontiers in Nutrition 2021.</i>	Elderly; Varied Amounts; cognition (Observational)					
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 2020.</i>	Adults; gut microbes (RCT)					
Nikki Ford, The Forgotten Fruit: A Case for Consuming Avocado Within the Traditional Mediterranean Diet. <i>Frontiers in Nutrition 2020.</i>	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 2020.</i>	Adults; cognition (RCT)					
Jim Stringham, Lutein Across the Lifespan: From Childhood Cognitive Performance to the Aging Eye and Brain. <i>Current Developments in Nutrition 2019.</i>	Kids; Adults; Elderly; eye health, cognition (Review)					



















Published

In Progress



Title	Key Measures	Primary Outcome	Secondary Outcomes			
Mark Dreher , Whole Fruits and Fruit Fiber Emerging Health Effects. <i>Nutrients 2018</i> .	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 2017</i> .	Kids; cognition, appetite (Review)					
Elizabeth Johnson , Avocado Consumption Increases Macular Pigment Density in Older Adults: A Randomized, Controlled Trial. <i>Nutrients 2017</i> .	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 2017</i> .	Adults; Varied Amounts; diet quality, body weight, metabolic syndrome incidence (Observational)					
Stephanie Atkinson , The Role of Avocados in Maternal Diets during the Periconceptional Period, Pregnancy and Lactation. <i>Nutrients 2016</i> .	Pregnant/Lactating (Review)					
Stephanie Atkinson , The Role of Avocados in Complementary & Transitional Feeding. <i>Nutrients 2016</i> .	Babies (Review)					
Mark Dreher , Hass Avocado Composition and Potential Health Effects. <i>Critical Reviews in Food Science and Nutrition 2013</i> .	Adults; avocado composition and benefits (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 2013</i> .	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 2013</i> .	Adults; diet quality, body weight, cholesterol, metabolic syndrome (Observational)					
Sari Hantunen, University of Eastern Finland , A prospective cohort analysis of avocado consumption during pregnancy and offspring allergic diseases.	Infants; Pregnancy; varied amounts; Mother-child prospective cohort (Observational)					
Stephen Flemming & Tristen Paul, Traverse Science , A Scoping Review of Avocado Intake and Health.	Adults; varied amounts; (Scoping review)					
Stephen Flemming, Traverse Science , Avocado Intake Across the Lifespan and Health: A Meta-Analysis	Adults; varied amounts; Systematic review & meta-analysis)					
Matthew Taylor, University of Kansas Medical Center , The Effect of Daily Avocado Intake on Cognitive Function in Older Adults.	Elderly, Whole; Cognition, MRI (RCT)					
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.	Adults & Infants, Whole; Mother-infant dyad, breast milk composition, Infant cognition (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)					
Megan Lawless and Susan Johnson, University of Colorado . Avocado Intake in the Early Years.	Infants/ Toddlers; Complementary feeding practices (Observational)					
Joan Sabatè, LLU . Effects of Daily Avocado Consumption on Cognitive function in Adults with Overweight and Obesity.	Adults; Whole; cognitive function (RCT)					
Hannah Holscher, University of Illinois . PATH2: Effects of avocado intake on gastrointestinal and cognitive health.	Adults; Whole; Gut health, inflammation, cognition, body weight (RCT)					

INDEPENDENTLY FUNDED PUBLISHED RESEARCH

Title	Key Measures	Primary Outcome	Secondary 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. <i>Trials 2024.</i>	Adults, Varied Amounts; Mediterranean diet (RCT)					
Okelue Okobi , Effect of Avocado Consumption on Risk Factors of Cardiovascular Diseases: A Systematic Review and Meta-Analysis. <i>Cureus 2023.</i>	Adults, Varied Amounts; Cardiometabolic outcomes (Systematic review & meta-analysis)					
Helga Madsen , Fruit and vegetable consumption and the risk of hypertension: a systematic review and meta-analysis of prospective studies. <i>European Journal of Nutrition 2023.</i>	Adults; Varied Amounts; Hypertension risk (Systematic Review & Meta-analysis)					
Adriana Monge , Avocado consumption is associated with a reduction in hypertension incidence in Mexican women. <i>British Journal of Nutrition 2023.</i>	Adults; Varied Amounts; Hispanic/Latino; Observational					
Zhiping Yu , Association of fruit and vegetable color with incident diabetes and cardiometabolic risk biomarkers in the United States Hispanic/Latino population. <i>Nutrition & Diabetes 2022.</i>	Adults; Varied Amounts Hispanic/Latino Cardiometabolic, BMI, diabetes incidence (Observational)					
Lorena Pacheco , Avocado Consumption and Risk of Cardiovascular Disease in US Adults. <i>Journal of the American Heart Association 2022.</i>	Adults; Varied Amounts; diet quality, cardiovascular and coronary heart disease incidence and risk (Observational)					
Josefina Bressan , Can avocado intake improve weight loss in adults with excess weight? A systematic review and meta-analysis of randomized controlled trials” <i>Nutrition Research 2022.</i>	Adults; Varied Amounts Body weight, BMI, body fat (Meta-Analysis & Systematic Review)					
Caroline I Ericsson , Prospective Study of Avocado Consumption and Cancer Risk in US Men and Women. <i>Cancer Prevention Research, 2022.</i>	Adults; Varied Amounts; Cancer risk (Observational)					
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. <i>Nutrients 2021.</i>	Adults; Varied Amounts MPOD (RCT)					
Fernando Sousa , Avocado (Persea americana) pulp improves cardiovascular and autonomic recovery following submaximal running: a crossover, randomized double-blind and placebo-controlled trial. <i>Scientific Reports 2020.</i>	Adults; Women; Whole Heart rate variability, (RCT)					
Xuanxia Mao , Intake of Vegetables and Fruits Through Young Adulthood Is Associated with Better Cognitive Function in Midlife in the US General Population. <i>The Journal of Nutrition 2019.</i>	Adults; Varied Amounts Cognition (Observational)					
Amanda Khor , Postprandial oxidative stress is increased after a phytonutrient poor food but not after a kilojoule-matched phytonutrient rich food. <i>Nutrition Research 2014.</i>	Adults; Whole Inflammation, oxidative stress, insulin, cholesterol (RCT)					

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