**Avocados Offer Many Health Benefits**

A recent study published in the Nutrition Journal\* found that avocado consumption is associated with better diet quality and nutrient intake, lower metabolic syndrome risk in US adults. These results are based on the large National Health and Nutrition Examination Survey (NHANES) from 2001-2008 conducted by the US Center for Disease Control and Prevention. An expert in avocado nutrition and co-author of the study, Mark Dreher, PhD, found that avocado consumers had significantly higher intakes of total fat, monounsaturated fat, polyunsaturated fat, dietary fiber, vitamin E, magnesium, potassium and vitamin K with no significant difference in caloric intake than non-consumers. Although the data in the study published by Mark Dreher, PhD, and his colleagues arises from cross-sectional epidemiological data based from a single day, it adds to a growing body of research that highlights the many health benefits that avocados offer. Here are a few key health findings from this study.   
  
- Heart Health  
Avocados were shown to increase HDL-C (healthy cholesterol) levels, which may be related to cardiovascular health.   
  
- Weight Control  
Avocado consumers were associated with lower body weight, body mass index (BMI) and smaller waist circumference compared to non-consumers. This makes sense as avocados consist of about 72% water and 7% dietary fiber for a nutrient density of 1.7 kcal per g.   
  
\* Fulgoni VL, Dreher M, Davenport AJ. Avocado consumption is associated with better diet quality and nutrient intake, and lower metabolic syndrome risk in US adults: results from NHANES 2001-2008. Nutr J. 2013; 12:1