In 2010, the Hass Avocado Board established a Nutrition Research program to increase awareness and improve understanding of the unique benefits of avocados to human health. For a comprehensive collection of published nutrition and scientific literature, authoritative reports and other articles on or related to avocados, their nutrients and eating patterns that include them, visit AvocadoNutritionCenter.com

CARDIOVASCULAR HEALTH


Mahmassani HA, Avendano EE, Raman G, Johnson EJ.

IN PROGRESS

Britt Burton-Freeman, Illinois Institute for Technology
Investigating whether eating avocado can improve acute cardiometabolic health and blood flow as measured by flow mediated dilation (FMD).

WEIGHT MANAGEMENT

Wien M, Haddad E, Oda K, Sabate J.

IN PROGRESS

Britt Burton-Freeman, Illinois Institute for Technology
Investigating whether eating avocado can improve acute satiety and reduce subsequent food intake.

Britt Burton-Freeman, Illinois Institute for Technology
Measuring the impact of eating one avocado per day on insulin sensitivity and weight management.

Zhaoping Li, University of California at Los Angeles
Investigating whether one whole avocado can be included in a successful weight-loss plan.

Matthew Allison, Cheryl Anderson & Ryan Bradley, University of California San Diego
Determining if avocado intake can help to reduce between-meal snacking in an ad lib consumption setting.

Penny Kris-Etherton, Alice Lichtenstein, Joan Sabaté, David Reboissin and Zhaoping Li, Habitual diet and Avocado Trial (HAT)
Asking whether eating one avocado a day for six months impacts energy balance and metabolism in a free living study.
HEALTHY LIVING

Fulgoni VL, Dreher M and Davenport A.

Kopec RE, Cooperstone JL, Schweiggert RM, Young GS, Harrison EH, Francis DM, Clinton SK, Schwartz SJ.

Scott T, Rasmussen H, Chen O, Johnson E.

O’Neil CE, Nicklas TA and Fulgoni VL.

IN PROGRESS

Naiman Khan, Hannah Holscher, Nicholas Burd and Barbara Fiese, University of Illinois Urbana-Champaign
Determining whether eating one avocado per day can improve gut health and cognition in overweight and obese subjects.

Matthew Allison, Cheryl Anderson and Ryan Bradley, University of California, San Diego
Determining whether eating avocados can improve the diet quality of Hispanic families.

TYPE 2 DIABETES

Wien M, Haddad E, Oda K, Sabate J.

IN PROGRESS

Joan Sabaté and Celine Heskey, Loma Linda University
Investigating the effects of avocado consumption on obesity and metabolic syndrome in a multiethnic cohort.

Naiman Khan, Hannah Holscher, Nicholas Burd and Barbara Fiese, University of Illinois Urbana-Champaign
Determining whether eating one avocado per day can improve glycemic control in overweight and obese subjects.

Britt Burton-Freeman, Illinois Institute for Technology
Measuring the impact of eating one avocado per day on insulin sensitivity and weight management.