



Spring 2011

# Avocado Nutrition Brief

News You Can Use from  
the Hass Avocado Board



Welcome to our Spring 2011 issue of *Avocado Nutrition Brief*, the Hass Avocado Board's (HAB) e-Newsletter that provides updates, resources and

information about Hass Avocado nutrition. In this issue we cover the official release of the *Dietary Guidelines for Americans, 2010*, and how avocados can be a part of a healthful eating plan; nutrition research from the Hass Avocado Board that was presented at the American Dietetic Association (ADA) 2010 Food and Nutrition Conference and Expo (FNCE); and how Hass Avocados play an important role in a plant-based diet.

As we look at the year ahead, we know we will have many exciting programs, including the fielding of new nutrition research with results likely in 2012; participation in ADA FNCE 2011; and our annual fall sports and tailgating campaign.

As the year progresses, we will continue to provide new nutrition resources through our website, [AvocadoCentral.com](http://AvocadoCentral.com). Please visit the website to gain valuable information about the versatility and health benefits of Hass Avocados. With Hass Avocados available year-round, there is no better time to incorporate this fruit into healthy eating plans.

Jose Luis Obregon  
Executive Director, HAB

As part of its nutrition program, the Hass Avocado Board has partnered with various nutrition spokespeople to reach key audiences with nutrition information, including partnering with registered dietitian Mitzi Dulan, a nationally recognized nutrition and fitness expert, to create monthly nutrition tip videos. Dulan has created a monthly Nutrition News Bite to provide consumers with easy ways to fit Hass Avocados in a diet. Check out her videos on the Hass Avocado Board Facebook page.

## The Principles of a Plant-Based Eating Pattern

The *Dietary Guidelines for Americans, 2010*, recommends that Americans follow a plant-based eating pattern as one of several key dietary strategies designed to help improve the health of our nation. Americans are encouraged to increase their consumption of fruits and vegetables, while replacing foods higher in calories and lower in nutrients. As nutrient-dense, plant-based foods, fruits and vegetables provide vitamins, minerals and other substances that may have positive health benefits—with relatively few calories. Also, fruits and vegetables are major contributors to a variety of nutrients that are under consumed in the U.S. diet and are associated with reduced risk of many chronic diseases.\* A simple way to put this recommendation into action is to fill half your plate with fruits and vegetables.

As a versatile fruit that's available year-round, it is easy to make avocados a routine part of a healthful eating plan. Avocados are nutrient-dense, supplying nearly 20 vitamins, minerals and phytonutrients. They also can help optimize the fat quality of your diet by providing a source of good fats—both monounsaturated and polyunsaturated fats—making them a great substitute for foods high in saturated fat. One serving (one-fifth of an avocado) contains 50 calories, and avocados are naturally sugar and sodium free. Eating avocados every day is a delicious way to help meet your recommended daily intake of fruits and vegetables.

\* U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for American, 2010. 7th Edition, Washington, D.C: U.S. Government Printing Office, December 2010.*  
<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf>. Accessed February 23, 2011.

## Avocado Consumption Associated with Improved Diet Quality

A preliminary analysis of self-reported survey data presented at ADA FNCE 2010 showed that consuming avocados is positively associated with overall diet quality, higher intake of fruits and vegetables and improved nutrient intake for key nutrients.

Data from the National Health and Nutrition Examination Survey (NHANES 2001-2006) of 14,484 adults was assessed for diet quality using the Healthy Eating Index (HEI), a measure created by the Center for Nutrition Policy and Promotion and revised using the 2005 *Dietary Guidelines for Americans* as a nutrition standard. The analysis revealed that individuals who had consumed any amount of avocado during the 24-hour recording period had a 15 percent higher HEI score than individuals who did not consume avocados during that period, as well as significantly higher daily intakes of dietary fiber, vitamin K, vitamin E, potassium, magnesium and fats.

Additionally, the diets of individuals who had consumed avocado during the 24-hour recording period contained 25 percent less added sugar, 60 percent more fruit, 19 percent more vegetables and more monounsaturated and polyunsaturated fats — without a significant difference in total calorie intake. Although these are initial findings from a single survey and there may be many factors involved, the authors concluded that avocado consumption was positively associated with overall diet quality, higher intake of fruits and vegetables, and better nutrient intakes for key nutrients.

\* Fulgoni V, Dreher M, Davenport A. *Contribution of avocados to the diets of U.S. adults: NHANES 2001-2006. J Am Diet Assoc. 2010 (suppl. 2); 110(9):A30.*

## Putting a Plant-Based Eating Pattern into Action

Avocados make it easy to develop healthy eating patterns consistent with recommendations of the *Dietary Guidelines for Americans, 2010*. Try this delicious recipe with plant-based ingredients from four of the food groups—vegetables, fruits, grains and protein.

For more delicious, nutrient-dense recipes, visit the Hass Avocado Board website at [AvocadoCentral.com](http://AvocadoCentral.com).

## Easy Hass Avocado and Bean Taco Recipe

Serves: 8

Prep time: 5 minutes, Cook time: 5 minutes, Total time: 10 minutes

### INGREDIENTS

- 16 corn tortillas
- 1 (16-oz.) can vegetarian refried beans
- 3/4 cup cooked garbanzo beans
- 1/2 cup prepared salsa
- 1 cup low-fat shredded cheddar cheese, divided
- 2 ripe, fresh Hass Avocados\*, seeded, peeled and sliced
- 8 oz. chopped romaine lettuce

### INSTRUCTIONS

1. Preheat oven to 350°F.
2. Divide tortillas into two stacks. Wrap each stack in foil and place in oven to warm.
3. In a large sauce pan combine the refried beans, garbanzo beans, salsa and one quarter of the cheese. Cook until the bean blend is hot.
4. Remove tortillas from oven. Fill each tortilla with about two tablespoons of the bean mixture. Top with fresh Hass Avocados, chopped lettuce and the remaining cheese; serve immediately.

\*Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity accordingly.

*Nutrition Information 1 Serving (2 Tacos) Calories: 202, Total Fat 10 g (Saturated Fat 2 g, Monounsaturated Fat 5.5 g, Polyunsaturated Fat 1.5 g, Trans Fat 0 g), Cholesterol 3 mg, Sodium 395 mg, Potassium 608 mg (17% DV), Total Carbohydrate 22 g, Dietary Fiber 8 g (33% DV), Total Sugars 2 g, Protein 10 g, Vitamin A 2623 IU (52% DV), Vitamin C 12.5 mg (21% DV), Calcium 115 mg (11% DV), Iron 2.4 mg (13% DV), Vitamin D 0 IU, Folate 117 µg, Omega-3 Fatty Acid 204 mg Percent Daily Values (% DV) are based on a 2,000 Calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. Nutrient Analysis completed using Nutritiondata.com*



## Want to learn more about Hass avocados?

Visit our website at [AvocadoCentral.com](http://AvocadoCentral.com) for delicious recipes and more.

Gather nutrition research information from the Avocado Nutrition Center at [AvocadoCentral.com/avocado-nutrition-center](http://AvocadoCentral.com/avocado-nutrition-center).

Follow us on Facebook at [Facebook.com/HassAvocados](https://www.facebook.com/HassAvocados).

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