



Summer 2010

Avocado Nutrition Brief

News You Can Use from
the Hass Avocado Board



Welcome to our inaugural issue of *Avocado Nutrition Brief*, the Hass Avocado Board's (HAB) e-Newsletter for Hass avocado nutrition information.

HAB is the umbrella organization that oversees the marketing of all domestic and imported Hass avocados in the United States. The fruit is available year-round in the U.S. with the majority of the fruit coming from California, Chile and Mexico.

Hass avocados are the most commercially distributed avocado. They are easy to recognize because of their dark, pebbly skin. When ripe, the Hass avocado is generally purplish-black in color and will yield to gentle pressure.

As you may know, there are a number of nutritional benefits to incorporating avocados into one's diet. One-fifth of a medium avocado (1 oz) has 50 calories and contributes nearly 20 vitamins, minerals and phytonutrients. They are cholesterol- and sodium-free and virtually the only fruit that has monounsaturated fat.

This is a very exciting time for the Hass Avocado Board (HAB), as this publication further signifies the organization's commitment, on behalf of the entire industry, to promote the nutritional benefits of Hass avocados. As a healthcare professional you are an important part of our efforts to educate consumers on how to incorporate this fruit into their diet.

In this issue you'll find information about new science, usage ideas and an in-depth look at the "good fats" avocados contribute to one's diet.

Sincerely,

Jose Luis Obregon
Managing Director, HAB

The Good News About Monounsaturated Fats

The American Heart Association (AHA) recommends limiting saturated fat intake to less than seven percent of total daily calories. Trans fat intake should be less than one percent of total daily calories and cholesterol intake should be less than 300 mg per day. The AHA reports that monounsaturated fats can have a beneficial effect on health, when eaten in moderation and when used to replace saturated fats or trans fats. Monounsaturated fats can help reduce bad cholesterol levels in the blood and lower the risk of heart disease and stroke. Sources of monounsaturated fats include avocados, peanut butter and many nuts and seeds. Vegetable oils like olive oil, canola oil, peanut oil, sunflower oil and sesame oil are high in monounsaturated fats.

Hass avocados provide 4.5 grams of fat per one ounce serving. Of that, three grams are from monounsaturated fat, 0.5 grams are from polyunsaturated sources and 0.5 grams are from saturated fats.



Avocado Intake Linked to Better Nutrient Intake

New research presented at Experimental Biology 2010 reported that preliminary data indicates consuming avocados may be associated with better nutrient intakes, lower body weight, lower body mass index (BMI) and lower metabolic syndrome risk.

The analysis of data from National Health and Nutrition Examination Survey (NHANES 2001-2006, 14,484 adults ages 19 and older) revealed that avocado consumers (defined as 273 adults (62% female) consuming any amount of avocado in the 24 hour period), had significantly higher intake amounts of important nutrients than non-consumers, including 40% more dietary fiber, 62% more vitamin K, 33% more vitamin E, 16% more potassium and 15% more magnesium. In addition, further analysis showed that those who ate avocados had lower BMI values that were closer to the "normal" range, an average of four centimeters smaller waist circumference and had 42% lower odds ratio to have metabolic syndrome than non-consumers.¹

While these are initial research findings from a single analysis, they provide clues and a basis for future studies to further define the specific role of avocados in promoting good nutrition and health.

¹ Fulgoni V, Dreher M, Davenport A. Avocado consumption associated with better nutrient intake and better health indices in U.S. adults (19+ years): NHANES 2001-2006. Abstract #8514. Experimental Biology, Anaheim, CA. April 28, 2010.



Photo courtesy of California Avocado Commission

Summer Grilling is Here!

Summer is here and it's time to get outside and start grilling. Making nutritious and refreshing summer meals is simple when you take advantage of cooking outdoors with readily available fruits and vegetables, including Hass avocados.

For a simple summer dish, try this recipe for Grilled Vegetable Salad with Hass Avocados. For other delicious grilling recipes, visit the Hass Avocado Board website at AvocadoCentral.com.

Grilled Vegetable Salad with Hass Avocados

Serves: 4

Prep time: 25 minutes; Cook time: 5 minutes; Total Time: 30 minutes

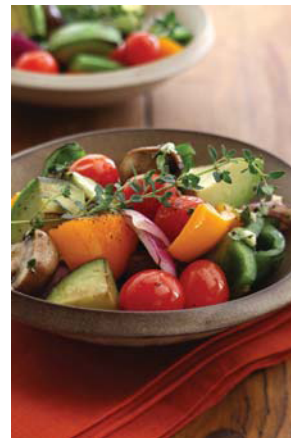
INGREDIENTS

- 1 firm, fresh Hass avocado, seeded, peeled and cut into 1-inch cubes
- 2 Tbsp. fresh lemon juice
- 8 cherry tomatoes
- 8 small brown mushrooms
- 2 bell peppers, cut into 1-inch cubes
- 1 small red onion, cut into 1-inch pieces
- 1/4 cup garlic-infused olive oil
- Lemon-Thyme Dressing (see make-ahead recipe)

INSTRUCTIONS

1. Soak six 12-inch wooden skewers in water for 30 minutes.
2. Toss avocado with lemon juice.
3. Thread avocado and each vegetable onto its own skewer.
4. Lightly brush avocado and vegetables with oil.
5. Grill avocado and vegetables over medium hot coals. Grill avocado, tomatoes and mushrooms for 2 minutes per side, turning once. Grill peppers and onion for 3 minutes per side, turning once.
6. Remove avocado and vegetables from skewers and place in bowl.
7. Shake dressing and pour over avocado and vegetables. Toss and serve.

Tip: Avocado skewers, vegetable skewers and dressing can be prepared ahead of time.



Lemon-Thyme Dressing

INGREDIENTS

- 2 Tbsp. fresh lemon juice
- 1 Tbsp. olive oil
- 1 Tbsp. fresh thyme leaves
- 1 1/2 tsp. honey
- 1 clove garlic, finely chopped
- 1/2 tsp. dry mustard
- 1/2 tsp. Kosher salt
- 1/4 tsp. ground black pepper

INSTRUCTIONS

1. In a jar, combine all ingredients.
2. Set aside until ready for use.

Nutrition Information Per Serving: Calories 270; Total Fat 24 g (Sat 3.5 g, Trans 0 g, Poly 3 g, Mono 17 g); Cholesterol 0 mg; Sodium 10 mg; Potassium 630 mg; Total Carbohydrates 17 g; Dietary Fiber 5 g; Total Sugars 7 g; Protein 3 g; Vitamin A 2242 (IU); Vitamin C 130 mg; Calcium 27 mg; Iron 1 mg; Vitamin D 0 (IU); Folate 64 mcg; Omega 3 Fatty Acid 0.1 g

% Daily Value: Vitamin A 45%; Vitamin C 220%; Calcium 2%; Iron 4%*

**Percent Daily Values are based on a 2,000 Calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.*

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.

Want to learn more about Hass avocados?

Visit our website at AvocadoCentral.com for delicious recipes and more.

Gather nutrition research information from the Avocado Nutrition Center at AvocadoCentral.com/avocado-nutrition-center.

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