



Avocado once the dieters' foe is now the dieters' friend. Not only does avocado add nutritional value to energy restricted diets, their healthy fats can help manage appetite and boost satiety.

NOT ALL FATS ARE EQUAL AND AVOCADOS CONTAIN HEALTHY FATS

HEALTHY FATS

Avocados contain mostly monounsaturated fats. These plant-based unsaturated fats don't cause weight gain¹ as has long been thought. Higher fat diets such as the Mediterranean diet, rich in monounsaturated fats from extra virgin olive oil, can result in weight loss and "waist" loss when followed for more than 6 months.² These higher fat diets appear more enjoyable and easier to stick to in the longer term than low fat diets, ensuring greater weight management success.³

Studies have found the monounsaturated fat oleic acid (like that found in avocados) triggers the release of gut hormones glucagon-like peptide 1 (GLP-1) and gastric inhibitory polypeptide (GIP) which control insulin release.^{4,5} This suggests one mechanism for how avocado helps with appetite control.

LAST RESEARCH: AVOCADO AND APPETITE CONTROL

Emerging research into the weight management effects of avocado have found 50-200g a day helps promote satiety and is a good alternative to other dietary fats in energy-restricted diets.^{6,7} People who eat avocado weigh less and have a lower BMI and waist circumference.⁸

A recent analysis of the US National Health and Nutrition Examination Survey (NHANES) found that avocado consumers ate on average 70g a day and these regular avocado consumers had:

- Lower body weight (3.4kg less on average),
- Lower BMI (26.7 instead of 28.4) and
- Smaller waist circumference (4cm smaller on average) compared to those who didn't eat avocado.⁸

So far clinical trials investigating the effects of avocado on appetite and weight have found:

- 200g of avocado in place of 30g of other dietary fats in an energy restricted diet over 6 weeks resulted in significant reductions in: body weight, body mass index, and percentage of body fat in the overweight participants,⁶
- 50-90g of avocado added to a lunch meal increased satiety in overweight participants by 23% and their desire-to-eat reduced by 28% for 3-5 hours following the meal.⁷ Adding avocado to lunch may help reduce between-meal snacking.
- The same study found 30 minutes after consuming avocado at lunch the rise in blood insulin levels was attenuated by more than 20% and continued for the next 3 hours.⁷ This is a good result as excess insulin can lead to weight gain.
- A reduction in the gut hormone GLP-1 (Glucagon-like peptide 1) and a corresponding reduction in hunger and an increase in perceived satisfaction after a meal with added avocado. This GLP-1 reduction could in part explain lower insulin levels.⁹
- When eaten at the same time as other foods, avocado intake can counteract inflammation and oxidative stress.^{10,11} This is beneficial as chronic inflammation can lead to insulin resistance and weight gain.¹²

HOW AVOCADO HELPS WITH WEIGHT

HEALTHY DIET + INCREASED SATIETY +
REDUCED INFLAMMATION + REDUCED INSULIN

Further research is required to replicate these findings in larger, long-term trials as well as identify mechanisms for avocado's role in weight management. To date research has found extracts of avocado fruit:

- inhibit the action of acetyl-CoA carboxylase, a key enzyme in the production of fat in the body¹³ and
- modulates other enzymes involved in carbohydrate metabolism.¹⁴

EVERYBODY LOVES AVOS

Another great thing about avocados are they are on the 'include' list for all the popular diets. Whether it's the Mediterranean diet, DASH, low-carb, paleo, plant-based or vegan, avocados get a big tick.

NUTRITIONAL VALUE

While avocado may not be the cheapest fruit, it does contain 4 x 50g serves per piece. Avocado is nutrient dense and offers excellent nutritional value for money.

5 WAYS TO ADD AVOCADO TO MEALS FOR WAIST WATCHERS:

1. Go smashed avocado on wholegrain toast for breakfast – the café classic and millennial icon
<http://australianavocados.com.au/recipes/avoschetta>
2. Whiz up an avo fruit smoothie for a breakfast on the go
<http://australianavocados.com.au/recipes/avocado-and-berry-power-smoothie>
3. Add avocado to salads at lunch along with wholegrains such as quinoa, brown rice and wholemeal pasta
<http://australianavocados.com.au/recipes/avocado-mango-and-quinoa-salad>
4. Try a chilled avocado soup in summer for a light easy meal
<http://australianavocados.com.au/recipes/easy-chilled-avocado-dill-soup>
5. Make lean meat and seafood sing with avocado salsa
<http://australianavocados.com.au/recipes/easy-poached-fish-avocado-salsa>

Check out more delicious recipes at australianavocados.com.au



NUTRITION INFORMATION

Servings per package: 4 serves per avocado
 Serving size: 50g or 1/4 avocado

	Average Quantity per Serving	Average Quantity per 100g
Energy	430kJ (102Cal)	860kJ (205Cal)
Protein, total	1.0g	2.0g
Fat, total	10.7g	21.4g
– saturated	2.4g	4.8g
– trans	0g	0g
– polyunsaturated	1.4g	2.7g
– monounsaturated	7.4g	12.8g
Carbohydrate	<1g	<1g
– sugars	<1g	<1g
Dietary fibre, total	2.5g	5.0g
Sodium	2mg	4mg

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