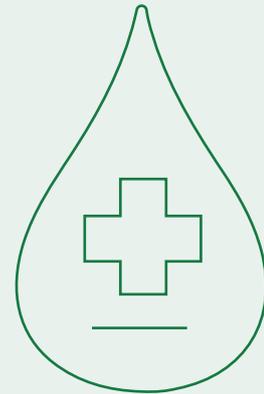


Australian avocados: a diabetes friendly food

Avocados are a nutrient-rich plant food containing important phytonutrients making them a natural fit for effective diabetes management.



What is a diabetes-friendly eating pattern?¹

The ideal approach is personalised and flexible - there is no one 'ideal diet'.

Consider these tips for a diabetes-friendly approach:

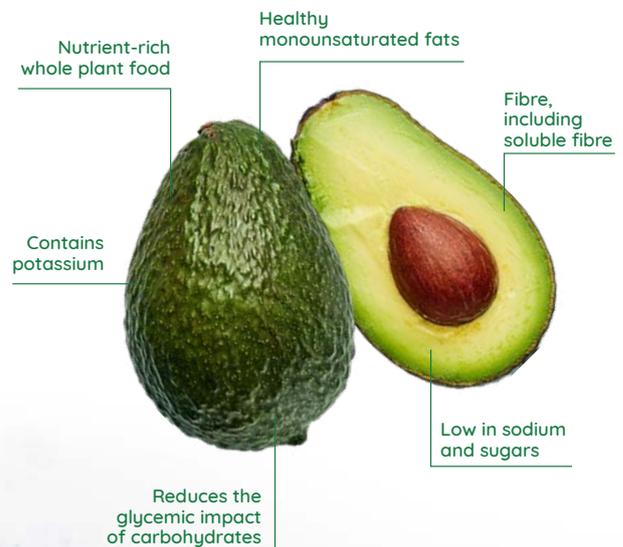
- Carbohydrate foods spread over the day, matched to diabetes medication or insulin if required
- Quality carbohydrate foods: nutrient-dense, high in fibre and low Glycemic Index (GI), including vegetables, fruit, legumes, wholegrains and dairy products
- 20-35g of fibre daily, and half the daily serves of grain food as wholegrain
- Healthy fats every day: such as avocado, nuts, seeds and extra-virgin olive oil
- Fish twice a week, particularly oily fish
- Low in sodium (salt) from the salt shaker and in packaged foods
- Little or no sugar-sweetened drinks - water is best
- Very few sugary foods with few nutrients, such as confectionery
- Avoid weight gain



The monounsaturated fat effect

Avocados contain mostly healthy monounsaturated fats such as those in olive oil. The good fats in avocado can help achieve a healthy, lower carbohydrate and higher healthy fat eating pattern (such as the Mediterranean diet) to help achieve and maintain ideal glucose levels. Research suggests monounsaturated fats may be preferable to other types of fat for lowering glucose and insulin levels.²

Benefits of avocado for a diabetes-friendly diet



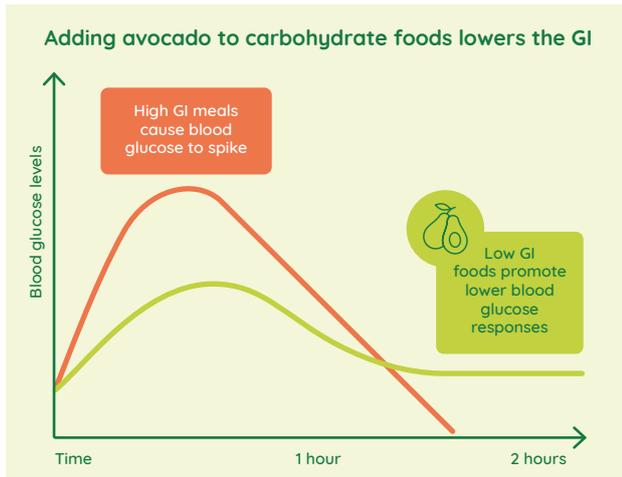
Mediterranean mindset

The 'Mediterranean diet' is good for the heart, and avocados fit right into that eating pattern.³ The Mediterranean diet improves blood glucose levels⁴ and may also reduce the risk of developing type 2 diabetes.⁵

The post meal advantage

For people with diabetes, curbing the rise in blood glucose levels after a meal or snack is important,⁶ and avocado can help.

Replacing some carbohydrate in a meal or snack with healthy fats - like those in avocado - lowers the GI, thereby reducing the rise in glucose afterwards.⁷ For example, wholemeal toast with avocado has a lower GI than the toast alone, and it's also more nutritious.



Great for weight

An important aspect of health and wellbeing in people with diabetes or pre-diabetes is avoiding weight gain or reducing excess weight. The scientific evidence is in for avocados and the news is good: avocados do not promote weight gain. They can be enjoyed by everybody, including those trying to lose weight.⁸



Avos love your heart

People with diabetes and pre-diabetes need to take extra care of their heart,⁹ and we know avocado is helpful in lowering cholesterol in people with diabetes.^{8,10}



Take the pressure down

Good blood pressure is also important for staying well with diabetes.¹¹ A healthy diet low in sodium, with a variety of plant foods such as avocado, can reduce high blood pressure.¹² Enjoying foods containing potassium - such as avocado - also helps control blood pressure.¹³

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Diabetes-friendly recipe

Partner the good fats and flavour of avocado with protein-rich tuna for this quick, tasty and satisfying light meal on sourdough toast.

1,976kJ and 23g carbohydrates per serve.

Tuna and Avocado Toast

For educational purposes only. Please consult your Accredited Practising Dietitian (APD) or doctor for advice on your personal dietary requirements. © Australian Avocados 2022

