

De consumptie van avocado is geassocieerd met een lager cardiovasculair risico

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Sinds enkele jaren is de avocado geen vreemd ingrediënt meer in onze keuken en de groene vrucht wint mede dankzij de guacamole-hype steeds meer aan populariteit. Amerikaanse onderzoekers hebben recent ook aangetoond dat de consumptie van avocado het cardiovasculaire risico doet dalen. Avocado's bevatten voedingsvezels, onverzadigde vetten, vooral enkelvoudig onverzadigde of gezonde vetten en andere gunstige componenten die in verband werden gebracht met een goede cardiovasculaire gezondheid. In een observationele studie met 68.786 gezonde vrouwen uit de 'Nurses' Health Study' en 41.701 gezonden mannen uit de 'Health Professionals Follow-up Study' hebben Amerikaanse onderzoekers de cardiovasculaire effecten op lange termijn van de consumptie van avocado's geëvalueerd. "Tijdens een follow-up periode van 30 jaar werden er 14.274 cardiovasculaire aandoeningen (9.185 coronaire hartziekten en 5.290 beroertes) in onze observationele studie gerapporteerd. Na correctie voor de levensstijl en andere voedingsfactoren hadden de deelnemers met een hogere avocado-inname (≥ 2 porties/week) in vergelijking met de deelnemers die geen avocado's consumeerden een 16% lager risico op hart- en vaatziekten en een 21% lager risico op coronaire hartziekte. Er werden geen significante associaties waargenomen voor het risico op een beroerte. Het vervangen van een halve portie/dag margarine, boter, ei, yoghurt, kaas of vleeswaren door een vergelijkbare hoeveelheid avocado was geassocieerd met een 16% tot 22% lager cardiovasculair risico," aldus Dr. Lorena Pacheco (Harvard T.H. Chan School of Public Health, Boston, USA). De volledige publicatie van het onderzoek van Dr. Lorena Pacheco kan u hieronder raadplegen.

[Journal of the American Heart Association](#)

ORIGINAL RESEARCH

Avocado Consumption and Risk of Cardiovascular Disease in US Adults

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BACKGROUND: Epidemiologic studies of the relationship between avocado intake and long-term cardiovascular disease (CVD) risk are scarce.

DESIGN AND RESULTS: This study included 68 786 women from the Nurses' Health Study and 41 701 men from the Health Professionals Follow-up Study (1980-2020) who were free of cancer, coronary heart disease, and stroke at baseline. Data were obtained using validated food frequency questionnaires of baseline and three entry points. Cox proportional hazards regressions were used to estimate hazard ratios and 95% CIs. A total of 14 274 incident cases of CVD (9185 coronary heart disease events and 5290 strokes) were ascertained over 30 years of follow-up, after adjusting for baseline and other lifestyle factors, compared with nonconsumers. Those with median avocado intake (median intake 1.2 servings/week) had a 16% lower risk of CVD (hazard ratio: 0.84; 95% CI, 0.76-0.93) and a 21% lower risk of coronary heart disease (hazard ratio: 0.79; 95% CI, 0.69-0.91). No significant associations were observed for stroke. The risk of heart failure increased in avocado intake. The pooled hazard ratio for CVD was 0.86 (95% CI, 0.71-1.04). Replacing half a serving/day of margarine, butter, egg, yogurt, cheese, or processed meats with the equivalent amount of avocado was associated with a 16% to 22% lower risk of CVD.

CONCLUSIONS: Higher avocado intake was associated with lower risk of CVD and coronary heart disease in a large prospective cohort of US nonconsumers. The replacement of certain high-calorie foods with avocado could lead to lower risk of CVD.

KEY WORDS: avocado • coronary heart disease • dietary intake • food replacement • stroke • cardiovascular

Cardiovascular disease (CVD), which includes coronary heart disease (CHD) and stroke, is the leading cause of death in the United States. However, CVD can be largely prevented by a healthy lifestyle including a healthy diet.¹⁻³ The American Heart Association/American College of Cardiology recommends a heart-healthy diet similar to 5% of calories from saturated fatty acid (SFA) and unrefined carbohydrates (SFA and refined carbohydrates) for the prevention of CVD.⁴ Avocado is a nutrient-dense fruit, containing dietary fiber, potassium, magnesium, calcium, and

polyunsaturated fatty acids, as well as phytonutrients and other compounds, which have been independently associated with cardiovascular health.⁵⁻⁷ The most commonly consumed variety in the United States (Hass avocado) contains 13 g of total acid in a medium-sized fruit (136-g), comparable to the amount of SFA in 1.5 oz (42-g) of almonds or 1 tablespoon (15 g) of peanut oil.⁸ Specifically, half an avocado provides up to 32% of the daily recommended dose, 15% of potassium, 10% of magnesium, and 18% of fiber, as well as 13 g of SFA and 1.8 g of polyunsaturated fatty acid.⁹ As such, avocado can be a nutrient-dense component of a heart-healthy diet. National

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