

## Avocado Study

### Main Study Questions

The objective of this study is to determine the effect of daily avocado consumption on vascular health, including endothelial function and blood pressure.

### Motivation for Research

Ongoing research is being conducted to assess the effect of avocado consumption on blood lipids and lipoproteins; however, cardiovascular disease is a disease with multiple etiologies reaching beyond those associated with changes in lipids and lipoproteins. The effects of avocado consumption on endothelial function and blood pressure are unknown. Additional research with avocados is needed to determine the effects of this fruit on vascular health beyond cholesterol.

The study ran from early June to mid-July 2012.

