

Avocados Linked to Lower Diabetes Risk in Mexican Women

Daily avocado consumption resulted in 20% lower odds of developing diabetes.

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Eating avocados may reduce [diabetes](#) risk in some Mexican adults, especially women, according to a new study [published in the Journal of the Academy of Nutrition and Dietetics](#).

The cross-sectional study examined the dietary habits of about 28,000 adults of various ages from the Mexican National Health and Nutrition Survey. About 59% of respondents were women, and more than 60% had abdominal obesity, [Healthline](#) reports.

Latinos living in the United States are about 17% more likely to have [type 2 diabetes](#) compared with non-Hispanic white people. What's more, people with Mexican or Puerto Rican heritage have twice the risk of developing type 2 diabetes compared with people with South American heritage, according to the [Mayo Clinic](#).

After adjusting for various factors, including age, body weight and physical activity, the study found that women who ate 30 to 38 grams of avocados daily had about 20% lower odds of developing diabetes. The study found no significant association among men, however, which may be attributed to different lifestyle factors.

"Given what we know about the nutritional profile of avocados—they have good unsaturated fats, a good source of fiber and a multitude of vitamins, minerals and phytonutrients—I'm not surprised to see these findings," registered dietitian and doctor of public health Wendy Bazilian, DrPH, MA, RD, who was not involved in the study, told Healthline.

She added that avocados can also support heart health, since diabetes and heart disease are closely linked because they have similar risk factors.

“Avocados are a heart-healthy food, and the unsaturated fat and fiber found in avocados can help to maintain healthy LDL cholesterol levels, which can help reduce the risk of heart disease,” she said.

Another [study published earlier this year](#) that focused on low-income Latinas suggests that the consumption of certain foods during pregnancy may influence the likelihood of developing [preeclampsia](#), a serious and sometimes fatal late-pregnancy complication that raises [blood pressure](#) and can damage the liver and kidneys.

Results showed that women who consumed a diet high in solid fats, refined grains and cheese were about four times more likely to develop preeclampsia compared with women who consumed a diet high in oils, vegetables and fruit.

Women who consumed diets that consisted primarily of vegetables, oils and fruits, such as avocados, were least likely to develop preeclampsia during pregnancy.

To read more, click [#Diet](#) or [#Diabetes](#). There, you’ll find headlines such as “[Los Angeles Survey Highlights Health Inequities in Latinos](#),” “[Weight-Loss Surgery Yields Long-Term Benefits for Type 2 Diabetes](#)” and “[Can Plant Compounds Reduce Breast Cancer Recurrence and Death?](#)”