

Nutrition Research Update

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Stewart Lab

- Research Interests
 - Health Benefits of Local Foods
 - Nutrient Analysis (dietary fiber, fatty acids)
 - Digestive Health
 - Prebiotics, probiotics, dietary fiber
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Fatty Acid Analysis of HI-grown Avocados

- Project funded by USDA-Agricultural Diversification-Tropical Specialty Fruit Grant
- Background
 - Growing conditions, maturation and variety affect nutrient content, especially fat
- Aim
 - Measure individual fatty acids in 4 varieties of HI-grown avocados

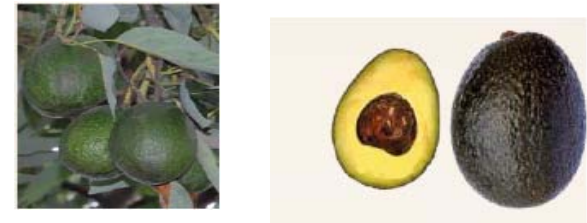
Fatty Acid Analysis of HI-grown Avocados

Varieties

Kahaluu



Linda



Malama



Sharwill

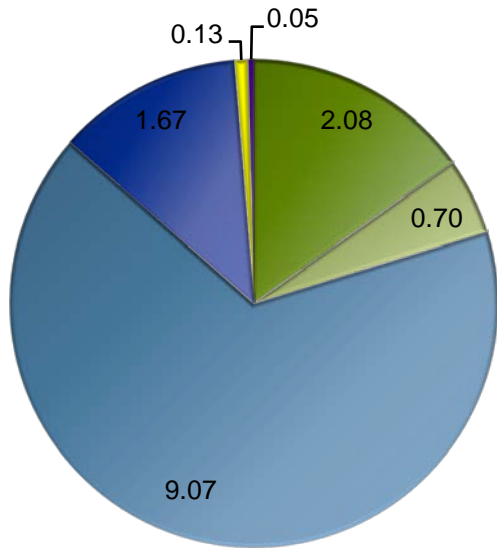


•Photos Courtesy of Ken Love www.hawaiiifruit.net.

HI avocados are different from mainland avocados

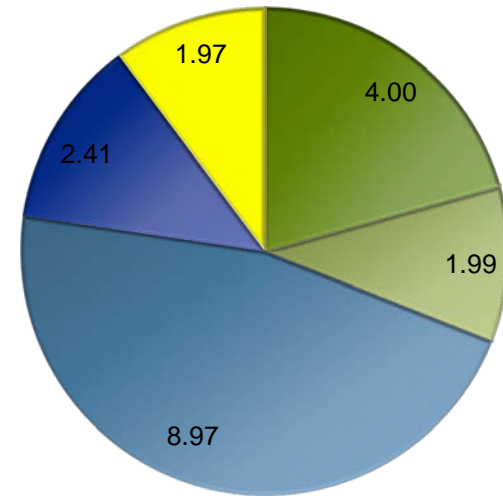
- Preliminary Data

California (USDA Database)



- Palmitate (C16:0)
- Palmitoleate (C16:1)
- Oleate (C18:1)
- Linoleate (C18:2)
- Linolenate (C18:3)
- Other

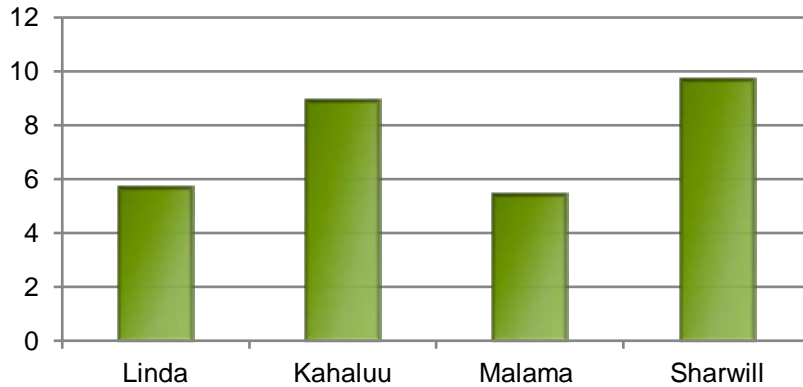
Kahaluu



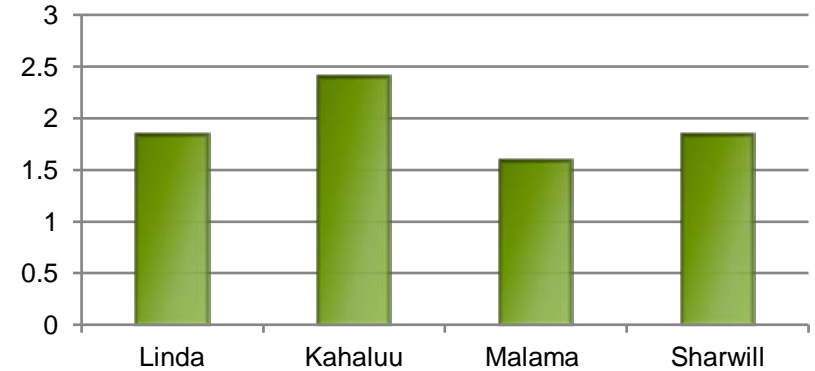
HI avocados are different from each other

- Preliminary Data

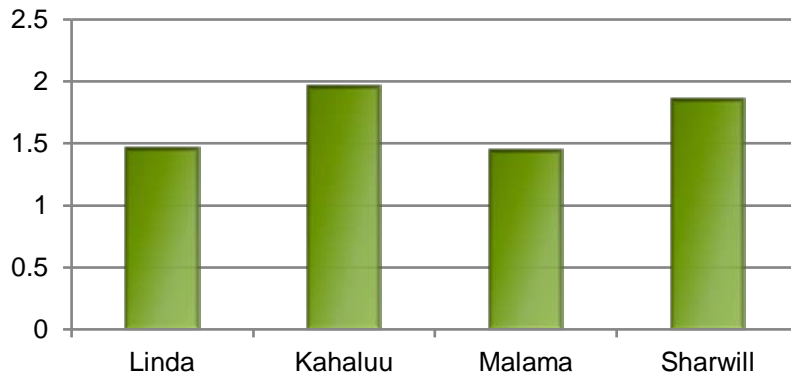
Oleate



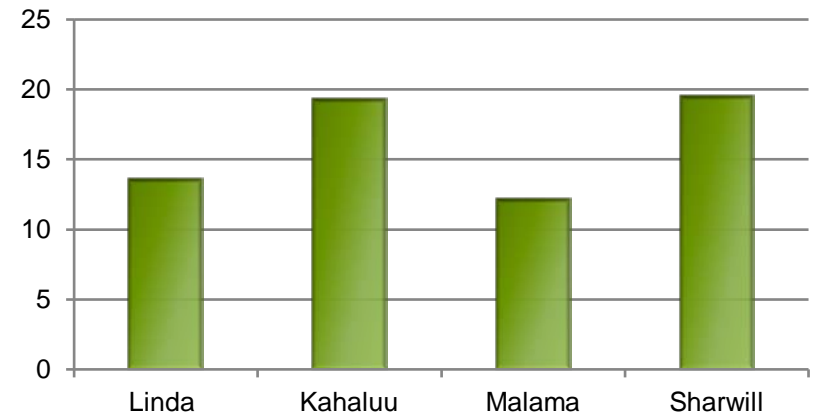
Linoleate



Linolenate



Total Fatty Acids



What's next

- Finish running replicates for complete data analysis
- Publication

- New project starting in February 2013
 - Consumer education to promote HI-grown avocados

Revealing the Hidden Health Benefits of Hawaii Grown Avocado through Nutrition Education

- Specialty Crop Block Grant Program-Farm Bill (USDA/HDOA)
- Feb 2012-May 2013
- Create educational/promotional materials based on current avocado research
- Distribute at retailers/producers across the state
- Conduct demonstrations at retailers

Producer involvement

- Provide avocados for research and demonstrations
- Feedback pre/post
 - What are your typical consumer questions?
- Contact me
 - mstew@hawaii.edu
 - 808-956-9114

Long-term goals?

Avocados & Guacamole | California Avocado Commission - Mozilla Firefox

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Avocados & Guacamole | California Avocado Board

www.avocado.org

Insist on California Avocados

Retailers | Foodservice | Consumers (this site) | Growers

Hand Grown in California

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NUTRITIOUS MADE DELICIOUS.

With good fats for heart health, zero sodium, zero cholesterol and nearly 20 essential vitamins and minerals, Fresh California Avocados are a delicious and nutritious choice for a healthy diet.

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Lomi Lomi Salmon in a Calif...

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SUMMER RECIPES
GUACAMOLE CENTRAL

Celebrate American Summer Holidays

7:08 AM 9/13/2012

Thanks to my research team!

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