

AVOCADO AND MEDITERRANEAN INFLUENCE ON DIET, HEALTHY CHANGES IN FOOD OBSERVED WHEN INTERVENING FOOD AT WORK

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In order to decrease the risk of chronic diseases such as arteriosclerosis, diabetes and obesity, we have implemented the Food at Work Program (FWP). At first, FWP intends to generate quantitative evidences on the benefits of Mediterranean influence on diet. Due to its composition, avocado is a very valuable component for Mediterranean diets.

The FWP is performing an intervention in workers from the company “Maestranza Diesel.” Clinical, nutritional and biochemical parameters related to chronic disease risk have been followed. The final purpose is to approach the Mediterranean diet in Chile, in workers as well as in their families. This study will allow us to quantify the contribution of avocado consumption to health benefits associated to Mediterranean diet in a group of approximately 140 workers followed and evaluated for one year.

Food questionnaires are used to evaluate the incorporation of Mediterranean diet. In addition, we have developed a “Mediterranean score” which allows qualifying the Mediterranean level of the people’s diet. This considers avocado consumption as one of its 15 variables, situation never seen before.

After 8 of a total of 12 months, the results of the study are positive. There is very good correlation between reduction in risk parameters and incorporation of Mediterranean diet. Increase in plasma antioxidant capacity (FRAP) is statistically significant depending on the amount of avocado consumption.

Supported by Project FONDEF D03I-1047 and by *Programa de Alimentación Laboral* (Food at Work Program, FWP) UC-Dole-ACHS