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2022 – the year of the AVOCADO!

This year Australians ate more avocado than ever before

According to Avocados Australia’s “FACTS AT A GLANCE” figures, in FY2021-22 Australians consumed 4.76kg of avocados per person, this was a significant increase on the previous year’s figure.

“It’s clear that consumers took advantage of the lower prices experienced this year and ate more avocado,” said John Tyas, CEO of Avocados Australia.

“Avocados aren’t like confectionery. If you eat a little more avocado, you don’t need to feel guilty as you are having more of something that’s healthy and nutritious.”

According to a 2022 Avocado Nutrition and Health report¹ published by Hort Innovation this year, studies have shown that people who regularly eat avocado have a lower Body Mass Index (BMI), a smaller waist and less weight gain over time. This year an expert roundtable recommended a serving size of 75g, or half a medium avocado. This is an increase on a previous recommendation of 50g. So for those of you who ate more avocado you don’t need to feel guilty.

“It is great news that Australians are eating more avocado as that means consumers are benefiting from avocado’s health-giving properties,” Mr Tyas said.

“Our facts at a glance figures are a great reference for our growers, or anyone wanting to see how our industry is performing.”

“The domestic consumption increase is a welcome trend considering that production is also expected to increase,” Avocados Australia CEO John Tyas said.

The updated long-term forecast suggests Australia’s avocado production is expected to continue to increase to about 170,000 tonnes by 2026, more than double the 2020-21 crop.

To view Avocados Australia’s FACTS AT A GLANCE key statistics online [click here](#).

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¹ 2022 Avocado Nutrition and Health Report published by Hort Innovation. Accessed 26.8.2022
https://australianavocados.com.au/wp-content/uploads/2022/07/Avo_Health_Report_2022_Online.pdf

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About Avocados Australia – www.avocado.org.au

Avocados Australia (AAL) is the representative industry body for the Australian avocado industry. We provide a range of services to our members and the broader industry to foster growth and development. Avocados Australia is a not-for-profit member-based organisation and our members include avocado growers, associated businesses and industry people. Avocados Australia seeks to



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work with all parts of the chain, from production through to the consumer. By working together, we seek to continually improve the ability of growers to provide a healthy, profitable and safe product for all consumers.