HOME

Eating These 2 Common Foods Every Day for 8 Weeks Could Improve Your Heart Health, New Study Finds

By bestfolkmedicine · 07/11/2026 · 10 min read



Could two ordinary fruits make a measurable difference to your cardiovascular health? A new clinical study suggests that adding avocado and mango to your daily diet may improve blood vessel function in just eight weeks—and the results surprised researchers.

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When most people think about protecting their hearts, they imagine complicated diets, expensive supplements, or major lifestyle changes.

But what if something as simple as adding two familiar fruits to your meals could support healthier blood circulation?

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Researchers at the Illinois Institute of Technology have investigated precisely that possibility.

Their findings, published in the *Journal of the American Heart Association* in February 2026, suggest that eating avocado and mango daily may improve certain indicators of cardiovascular health, particularly among adults with prediabetes.

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The results are promising, but there is more to the story than simply eating fruit.

The 8-Week Study That Caught Researchers' Attention

Scientists recruited 82 adults with prediabetes, a condition in which blood sugar levels are higher than normal but not high enough for a diagnosis of type 2 diabetes.

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Prediabetes is important because it is often associated with insulin resistance and increased cardiovascular risk.

The participants were assigned to two dietary groups.

One group incorporated a specific combination of fruits into their daily meals.

The other followed a comparison diet containing calorie-matched foods.

The experimental group consumed:

- One medium Hass avocado every day
- One cup of fresh mango every day
- Their usual meals within a partially structured dietary plan

The intervention lasted eight weeks.

Researchers then examined changes in blood vessel function, blood pressure, and other cardiometabolic markers.

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The results suggested that this simple dietary adjustment could make a measurable difference in vascular health.

What Happened to Their Blood Vessels?

One of the most significant findings involved endothelial function.

The endothelium is a thin layer of cells lining the inside of blood vessels.

Although this lining is extremely thin, it plays an essential role in maintaining healthy circulation.

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It helps regulate blood vessel relaxation, inflammation, clotting, and the movement of substances between blood and surrounding tissues.

When the endothelium functions properly, arteries can expand and contract to accommodate changes in blood flow.

When endothelial function becomes impaired, cardiovascular risk may increase.

To measure this, the researchers used a test called flow-mediated dilation, or FMD.

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This test evaluates how effectively an artery expands in response to increased blood flow.

The results showed a meaningful difference between the two groups.

At the end of the intervention, the avocado-and-mango group had an FMD measurement of approximately 6.7%, compared with 4.6% in the control group.

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The difference suggested better blood vessel responsiveness in participants who consumed the fruit combination.

Importantly, improved endothelial function is a marker of vascular health. It does not automatically mean that a person has reversed cardiovascular disease or prevented a future heart attack.

Nevertheless, the findings offer an interesting glimpse into how everyday dietary choices may influence circulation.

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Researchers Also Noticed Changes in Blood Pressure

Blood vessel function was not the only outcome researchers investigated.

They also monitored blood pressure.

Blood pressure consists of two measurements.

The systolic pressure, or top number, represents the pressure inside arteries when the heart contracts.

The diastolic pressure, or bottom number, represents the pressure when the heart relaxes between beats.

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Elevated diastolic pressure can contribute to cardiovascular risk, particularly when it remains persistently high.

In the study, researchers observed favorable changes in diastolic blood pressure, particularly among male participants consuming avocado and mango.

These findings suggest that the combination may influence certain aspects of vascular regulation.

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However, the study was relatively small and short.

It does not establish that eating avocado and mango will lower blood pressure in everyone, nor does it mean that people taking prescribed blood pressure medication should replace their treatment with fruit.

Why Avocados May Support Heart Health

Avocados have a unique nutritional profile compared with most fruits.

While many fruits obtain much of their energy from carbohydrates, avocados contain a substantial amount of fat.

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However, much of this fat is monounsaturated, particularly oleic acid.

Monounsaturated fats are widely associated with heart-healthy dietary patterns, especially when they replace saturated fats.

Avocados also provide several important nutrients.

1. Monounsaturated Fats

These fats can help improve overall dietary fat quality.

Replacing sources of saturated fat with unsaturated fats may contribute to healthier blood lipid profiles.

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2. Potassium

Potassium plays an important role in regulating fluid balance, nerve function, and blood pressure.

Adequate dietary potassium can support healthy blood pressure regulation, particularly when sodium intake is controlled.

3. Dietary Fiber

Fiber supports digestion and can contribute to cholesterol management.

Avocados contain both soluble and insoluble fiber, making them a useful addition to a balanced diet.

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4. Antioxidant Compounds

Avocados contain carotenoids and other plant compounds that contribute to their nutritional value.

These substances are being studied for their potential roles in cellular health and oxidative stress.

Why Mango May Be an Unexpected Partner

Mango may seem like an unusual pairing with avocado.

Unlike avocado, mango is sweet and contains more natural sugars.

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But it also delivers valuable nutrients and plant compounds.

Vitamin C

Mango provides vitamin C, an essential nutrient involved in collagen production, antioxidant defense, and normal immune function.

Collagen is important for maintaining the structural integrity of blood vessels.

Polyphenols

Mango contains polyphenolic compounds, including mangiferin.

Scientists are investigating how these compounds influence inflammatory processes, oxidative stress, and metabolic health.

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However, consuming mango has not been proven to produce specific cardiovascular effects through mangiferin alone.

Fiber

Whole mango contains fiber that contributes to normal digestive function and helps make fruit more satisfying.

Carotenoids

Mango contains pigments such as beta-carotene, which the body can convert into vitamin A.

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These compounds contribute to the nutritional diversity of the fruit.

Why Combining the Two Fruits May Make Sense

Avocado and mango have complementary nutritional characteristics.

Avocado provides unsaturated fats, fiber, and potassium.

Mango contributes vitamin C, carotenoids, polyphenols, and additional fiber.

Together, they increase dietary variety and provide a broader range of nutrients than either fruit alone.

But there is an important distinction.

The study did not prove that avocado and mango produce a unique chemical interaction that improves heart health.

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The improvements may have resulted from increasing total fruit consumption, replacing less nutritious foods, or changes in overall nutrient intake.

Researchers will need additional studies to determine whether this particular combination offers benefits beyond those of other healthy fruit-rich diets.

Can People With Prediabetes Eat Mango Every Day?

This is one of the most important questions raised by the study.

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Mango contains natural sugars, and individuals with prediabetes often pay close attention to carbohydrate intake.

However, whole fruit is not nutritionally equivalent to sugary drinks or confectionery.

Whole mango provides fiber, water, vitamins, and other compounds alongside its natural carbohydrates.

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The key is to consider portion size and the total carbohydrate content of the meal.

One cup of mango contains approximately 25 grams of carbohydrates, although the exact amount varies.

For someone managing prediabetes, mango can often fit within an individualized eating plan.

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Pairing fruit with foods containing fat, protein, or fiber may influence the overall post-meal glucose response.

But individual blood sugar responses vary.

People with prediabetes or diabetes should consider their overall carbohydrate needs and follow advice from their healthcare professionals.

The study should not be interpreted as proof that mango lowers blood glucose or reverses insulin resistance.

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5 Easy Ways to Eat Avocado and Mango Together

You do not have to prepare complicated recipes to incorporate these foods into your diet.

Here are five practical ideas.

1. Avocado-Mango Breakfast Bowl

Combine chopped avocado and mango with plain Greek yogurt or an appropriate dairy-free alternative.

Add a small amount of chia seeds for extra texture and fiber.

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2. Fresh Mango-Avocado Salsa

Dice one ripe mango and one avocado.

Mix with finely chopped red onion, cilantro, and lime juice.

Serve alongside fish, beans, or another preferred protein source.

3. Creamy Tropical Smoothie

Blend avocado, mango, unsweetened yogurt, and water until smooth.

Avoid adding sugar or sweetened syrups.

Keep in mind that smoothies can be easier to consume quickly than whole fruit, and portions still matter.

4. Heart-Healthy Lunch Salad

Combine avocado and mango with leafy greens, cucumber, chickpeas, and a little olive oil.

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This creates a colorful meal containing fiber, unsaturated fats, and a variety of plant nutrients.

5. Avocado Toast With Mango

Spread mashed avocado over whole-grain toast.

Add a few small pieces of mango and a sprinkle of pumpkin seeds.

This provides a balance of carbohydrates, fats, and fiber.

The full avocado-and-mango amount used in the study can be divided across meals rather than eaten in one sitting.

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Does Eating These Fruits Cause Weight Gain?

One concern people may have is that avocados contain a relatively high number of calories.

A medium avocado can contribute a substantial amount of energy, depending on its size.

Adding an avocado and a cup of mango on top of an existing diet without making other changes may increase overall calorie intake.

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However, the researchers designed the intervention around incorporating the foods into a dietary pattern rather than simply adding unlimited extra calories.

The reported benefits occurred without significant weight gain.

This suggests that nutrient-dense fruits can fit into a balanced eating pattern when total energy intake is considered.

The practical lesson is to substitute nutritious foods for less beneficial options where appropriate, rather than assuming that adding more food is always better.

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What the Study Did Not Prove

While the results are encouraging, several limitations deserve attention.

First, the study involved only 82 adults. Larger investigations are necessary to determine whether the findings apply to a broader population.

Second, the intervention lasted eight weeks. Researchers did not determine whether the improvements would persist for months or years.

Third, the participants had prediabetes. Results may differ among healthy individuals or people with established cardiovascular disease.

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Fourth, researchers measured cardiovascular risk markers. The study did not demonstrate fewer heart attacks, strokes, or deaths.

Fifth, the research received funding from organizations representing the avocado and mango industries. Industry funding does not automatically invalidate scientific findings, but independent

replication is important.

Most importantly, the study compared dietary patterns containing different foods.

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It cannot prove that avocado and mango together are uniquely responsible for every observed benefit.

What Really Matters for Long-Term Heart Health?

A healthy cardiovascular system depends on more than one fruit combination.

Research consistently supports dietary patterns rich in vegetables, fruits, legumes, whole grains, nuts, and unsaturated fats.

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Regular exercise, adequate sleep, avoidance of tobacco, and appropriate management of blood pressure and cholesterol also play essential roles.

For people with prediabetes, improving insulin sensitivity through sustainable lifestyle changes can reduce the risk of progressing to type 2 diabetes.

Avocado and mango may be useful additions to this broader approach.

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But they should complement, not replace, established preventive measures and medical treatment.

People with kidney disease who must restrict potassium should discuss major dietary changes with their clinician.

Final Thoughts: Could Two Fruits Make a Difference in Just 8 Weeks?

The idea that ordinary foods may influence cardiovascular function is not new.

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What makes this study interesting is that researchers observed measurable changes over a relatively short period.

Adults with prediabetes who consumed avocado and mango daily showed better blood vessel function than participants following the comparison diet.

Some favorable blood pressure changes were also observed.

These findings do not mean the fruit combination is a miracle treatment.

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They do suggest that improving the nutritional quality and diversity of everyday meals may contribute to cardiovascular health.

And sometimes, that process can begin with very simple choices.

One avocado. One cup of mango. Eight weeks. The research suggests that small dietary changes may influence how our blood vessels function—but protecting the heart remains a lifelong commitment, not an eight-week cure.

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Medical Disclaimer: This article is intended for educational purposes only and should not replace medical advice, diagnosis, or treatment. The study discusses cardiovascular risk markers and does not establish that avocado and mango prevent or treat heart disease, hypertension, or diabetes. Individuals with prediabetes, diabetes, kidney disease, or prescribed dietary restrictions should consult a qualified healthcare professional before making significant dietary changes.

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