

# AVOCADO



## Nutrition Facts

Serving Size 1/5 medium avocado

| Calories           | 50  | % Daily Value |
|--------------------|-----|---------------|
| Total Fat          | 5g  | 7%            |
| Sodium             | 0mg | 0%            |
| Total Carbohydrate | 3g  | 1%            |
| Dietary Fiber      | 2g  | 8%            |
| Protein            | 1g  |               |

## Health Benefits

- Monounsaturated fat lowers LDL “bad” cholesterol, raises HDL “good” cholesterol and helps lower total cholesterol.
- Acts as a “nutrient booster”—helps the body absorb more fat-soluble vitamins (A, D, E, K)
- Provides nearly 20 vitamins, minerals, and phytonutrients important for your health.

## DIFFERENT USES

- Skip the mayo. Use mashed avocado on your sandwich instead.
- Add diced avocado to your salad or stir fry.
- Be creative, add avocado to omelets or in fish or seafood sauce
- Try adding avocado to a smoothie.
- Make your own guacamole dip for your favorite raw vegetables.

## FUN FACT

- The avocado is known as the alligator pear because of its green color and pear like shape.
- Brazilians add avocados to ice cream.
- California produces about 90% of the nations avocado crop.
- Avocados have more potassium than bananas.
- Over 75% of fat in an avocado is healthy (unsaturated fat), making them a great substitute for high saturated fat foods.