

**THE GOOD FATS
IN AVOCADOS:**
Versatile, Delicious,
Nutritious

**GET THE GOOD FAT,
PLANT-POWERED**
Nutrition in
Avocados!

AVOCADOS ARE THE
Good fat

Sliced, diced, smashed, stuffed or served whole, avocados taste great at breakfast, lunch and dinner or as a satisfying snack any time of day.

The best part is that you get the same nutritional boost whether you serve avocado on a sandwich, mix it into a dip, blend it into a smoothie or eat it all by itself.

*Are you maximizing
your intake of the good
fats in avocados?*

**HOW MANY AVOCADOS ARE IN
YOUR SHOPPING CART?**

- Super:** Buy 2 or more per week
- Heavy:** Buy 1-2 per week
- Medium:** Buy 1-2 per month
- Light:** Buy 1 or fewer avocados per month

Let us help you meet the challenge of increasing your intake of the good fats by offering you simple solutions to include avocados in all of your meals and snacks.

The naturally good fats in avocados make them rich, creamy and delicious.



- One serving is equivalent to one-third (50 grams) of a medium avocado at 80 calories, 8 grams of total fat (1 gram of saturated fat) and **cholesterol-free**
- Avocados contribute to the increased intake of fruits in the diet, are a **good source** of **dietary fiber** and contain **no added sugars***
- Avocados are a **good source of folate** and contain 400 mpg DFE*. Folate is important for proper brain function. Consuming adequate intakes of folate/folic acid may reduce the risk for premature births and birth defects.

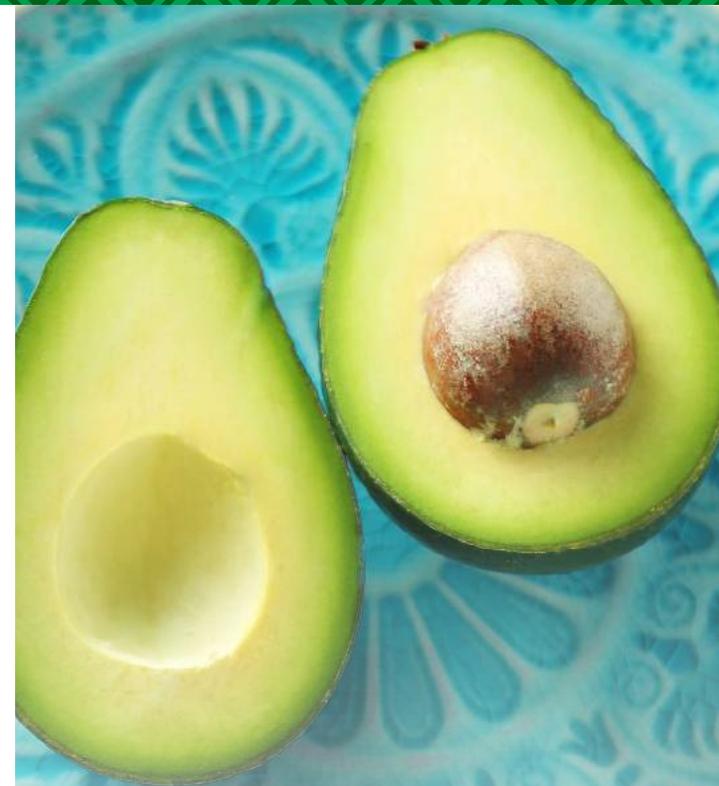
The 2015 Dietary Guidelines for Americans recommends replacing foods containing saturated fats with those that contain unsaturated fats, like avocados.

*Per 50g serving (one-third of a medium avocado)

Avocados From **Mexico**

◆◆◆ ALWAYS FRESH ◆◆◆

Trade.AvocadosFromMexico.com



*Plant-powered,
naturally good fats
to boost nutrition at
every meal!*

Avocados From **Mexico**
ALWAYS
IN SEASON

Good fats for every meal!

Simple Ingredients • Easy Preparation

Breakfast



AVOCADO TOAST
Avocado + Grain Toast

Lunch



TURKEY WRAP SANDWICH
Avocado + Tortilla
+ Turkey Breast Slices

Dinner



AVOCADO BURGER
Avocado + Hamburger Bun
+ Beef/Veggie Patty

Snack



AVOCADO PIZZA WITH VEGETABLES
Veggie Slices + Avocado
+ Pizza Crust or Focaccia + Pizza Sauce

Dessert



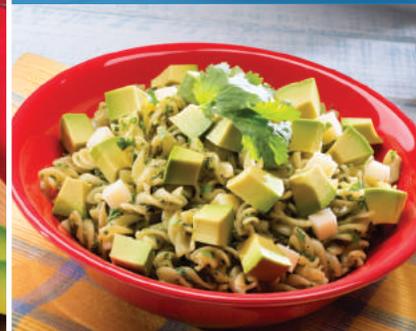
AVOCADO BROWNIES
Avocado (replaces the oil)
+ Brownie Mix



AVOCADO EGGS
Avocado + Eggs + Salsa + Tortilla



AVOCADO CAPRESE SALAD
Avocado + Tomato
+ Mozzarella Cheese



AVOCADO CREAMY PASTA
Avocado + Pasta + Olive Oil



AVOCADO DEVILED EGGS
Avocado + Paprika
+ Hard-boiled Eggs



AVOCADO CHOCOLATE MOUSSE
Avocado + Hot Cocoa Mix
+ Chocolate Chips + Whipped Cream



AVOCADO SMOOTHIE
Avocado + Greek Yogurt
+ Frozen Blueberries



AVOCADO STUFFED TUNA SALAD
Avocado + Celery
+ Canned Tuna



ROTISSERIE CHICKEN TOSTADAS
Avocado + Tostada + Black Beans
+ Lettuce + Cheese + Chicken



INDIVIDUAL 7-LAYER CUPS
Guacamole + Corn Kernels
+ Black Beans + Cheese



AVOCADO ICE POPS
Avocado + Lime Juice
+ Vanilla Ice Cream