



Savor  
DELICIOUS  
Possibilities

# Steps to a Sensational Salad with Heart Healthy Avocados from Mexico



## Build a Nutrient Rich Base

**TRY:** Spinach, Kale, Romaine or Arugula



## Make a Rainbow

**TRY:** Blueberries, Oranges, Red Bell Peppers or Tomatoes



## Add Crunch

**TRY:** Almonds, Walnuts, Pistachios or Quinoa



## Power it with Protein

**TRY:** Eggs, Chicken, Tuna, Beans or Cheese



## Dress with Good fats

**TRY:** Creamy, Delicious Avocados From Mexico!



Avocados <sup>From</sup> Mexico™

◆◆◆ ALWAYS IN SEASON ◆◆◆

Learn more at [AvocadoSaladCenter.com](https://AvocadoSaladCenter.com)

While many factors affect heart disease, eating avocados as part of a diet low in saturated fat and cholesterol may reduce the risk.