

START THE NEW YEAR RIGHT WITH 12 WEEKS OF HEALTHY CHALLENGES



The challenge is simple: Meet food-focused monthly goals featuring the dynamic duo of plant-based foods, **Avocados From Mexico** and **NatureSweet®** tomatoes. Eating more plant-based foods is associated with significantly lower risk for heart disease and stroke!



JAN **NEW YEAR, NEW YOU!** **GOAL:** Aim for **5+** servings of fruits & vegetables per day.

WEEK 1	WEEK 2	WEEK 3	WEEK 4
 <p>Add a serving of avocado or tomato to at least 2 meals per day.</p>	 <p>Pack a healthy lunch and a snack using a serving of avocado at least 4 days this week.</p>	 <p>Add a salad with avocado and tomato at least 4 days this week.</p>	 <p>Make at least 2 appetizers for the Big Game with avocado and tomatoes.</p>

FEB **WE HEART ♥ HEALTH MONTH** **GOAL:** Choose more plant-based good fats.

WEEK 5	WEEK 6	WEEK 7	WEEK 8
 <p>Review nutrition facts labels this week to make sure you're choosing good fats over bad.</p>	 <p>Use creamy guacamole as a sandwich spread at least 2 or more days.</p>	 <p>For Valentine's Day, use avocado in place of other fats in baking desserts.</p>	 <p>Make a fresh salad or salad dressing with avocado to boost good fats and nutrient absorption.</p>

MAR **NATIONAL NUTRITION MONTH** **GOAL:** Increase fiber intake to **25g or more per day.**

WEEK 9	WEEK 10	WEEK 11	WEEK 12
 <p>Track your dietary fiber this week—how many days can you consume 25 grams or more?</p>	 <p>Make at least 3 plant-based meals this week using avocados and tomatoes.</p>	 <p>Plan at least 5 healthy high-fiber snacks this week using avocados and tomatoes.</p>	 <p>Avocados and tomatoes make a fiber-filled delicious salad. Include at least 3 times this week.</p>

For more information, visit AvocadosFromMexico.com or NatureSweet.com

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