



## AVOCADOS | fats with Benefits

**MORE THAN 75%** of the fat in avocados is “good” fat

The Dietary Guidelines for Americans recommends replacing “bad” fats with “good” fats, and avocados are virtually the only heart healthy fruit with monounsaturated and polyunsaturated fat (or good fats). Avocados are a good source of dietary fiber and contribute nearly 20 vitamins and minerals to the diet. They are also cholesterol- and sodium-free. Try nutritious avocados in salads, sandwiches, snacks, smoothies and desserts too.

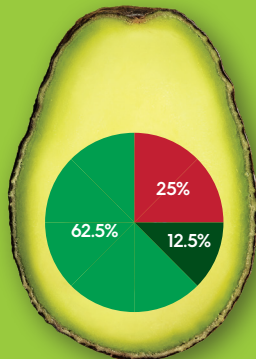
### Did You Know?

-  The **TOTAL AMOUNT OF FAT** per serving is less in avocados than in butter or canola oil.
-  The **TYPE OF FAT**, rather than the total amount of fat, is most important for good health.<sup>1</sup>
-  **CHOOSE MORE GOOD FATS**—monounsaturated (MUFA) and polyunsaturated fats (PUFA).
-  **LIMIT THE INTAKE OF “BAD” FATS**—saturated and trans fats.

1. US Department of Health and Human Services; US Department of Agriculture. 2015-2020 Dietary Guidelines for Americans. 8th ed. Washington, DC: US Dept of Health and Human Services; December 2015. <http://www.health.gov/DietaryGuidelines>.

## FAT BREAKDOWN

1 serving = ½ medium avocado  
(50g) contains 80 calories and  
8 grams of total fat



-  **GOOD FAT**  
(Monounsaturated)
-  **GOOD FAT**  
(Polyunsaturated)
-  **BAD FAT** (Saturated)

**GOOD FATS • NUTRIENT DENSE • HEART HEALTHY**

