

GRAB & GO GUACAMOLE!

AvocadosFromMexico.com



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

GOOD FATS • NUTRIENT-DENSE • NO CHOLESTEROL

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A NUTRITIONIST-APPROVED SNACK ATTACK

- ✓ AVOCADOS FROM MEXICO
- ✓ LIME
- ✓ ONION
- ✓ JALAPEÑO PEPPER
- ✓ CILANTRO

Eating a variety of fruits and vegetables may help control weight, cholesterol and blood pressure. Avocados are a healthy nutrient-dense fruit.



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