

PLANT-BASED EATING *WITH* FRESH AVOCADOS & TOMATOES

Enjoy this quick and tasty Avocado Wedge Salad. Filling your plate with more fresh fruits & veggies like avocados and tomatoes is a nutritious way to follow a plant-based eating plan.



AVOCADO WEDGE SALAD WITH AVOCADO RANCH DRESSING

SHOPPING LIST

- Avocados From Mexico
- NatureSweet® Cherubs® Tomatoes
- Iceberg Lettuce
- Blue Cheese
- Sun-dried Tomatoes
- Plain Greek Yogurt
- Buttermilk
- Lime
- Garlic



Tomatoes raised right.

WHAT IS A FLEXITARIAN?

Plant-based and flexible. An alternative to strict vegetarian or vegan diets, a flexitarian eating style focuses on eating more fruits, vegetables, whole grains, plant-based protein sources (beans, legumes, nuts) and allows for the consumption of dairy, eggs and meat on occasion.



NATURESWEET
TOMATOES

Tomatoes raised right.



Fruits and vegetables:^{1,2,3}

- ✓ May help reduce the risk of cardiovascular disease and certain types of cancer
- ✓ May assist with weight management
- ✓ May improve blood lipid (cholesterol) profiles
- ✓ Are nutrient dense while being low in calories

*Consult a Registered Dietitian (RD)
for nutritious plant-based eating.*

[AvocadosFromMexico.com/Avocado-Salad-Bar](https://www.avocadosfrommexico.com/avocado-salad-bar)

Sources: **1.** International Food Information Council (IFIC). What is a flexitarian diet? <https://foodinsight.org/what-is-the-flexitarian-diet/> May 17, 2021. **2.** Bowman SA. A Vegetarian-Style Dietary Pattern Is Associated with Lower Energy, Saturated Fat, and Sodium Intakes; and Higher Whole Grains, Legumes, Nuts, and Soy Intakes by Adults: National Health and Nutrition Examination Surveys 2013-2016. *Nutrients*. 2020 Sep 1;12(9):2668. <https://bit.ly/3E35TxM> **3.** Pawlak R. Vegetarian Diets in the Prevention and Management of Diabetes and Its Complications. *Diabetes Spectr*. 2017;30(2):82-88. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5439360/>