

START A FAMILY TRADITION

TACO SALAD NIGHT



Hosting a weekly Taco Salad Night is an easy way to bring everyone to the dinner table for a nutritious meal that includes avocados and other fresh produce such as lettuce, tomatoes and peppers. Start your Taco Salad Night tradition by using our shoppable recipe below.

To learn more about the nutrition benefits of family meals or get other tips, consult your retailer's Registered Dietitian for expert advice!

AVOCADO TACO SALAD: SHOPPING LIST

Avocados From Mexico! Don't forget!

PROTEIN

- Extra Lean Ground Turkey,
- Ground Chicken
- Reduced Sodium Beans

FRUITS & VEGETABLES

- Green Onion, Red Onion
- Cherry Tomatoes
- Corn (canned)
- Lettuce (Romaine, Iceberg, Red Leaf)
- Cilantro

OTHER

TOPPINGS

- Thousand Island Dressing
- Balsamic Vinaigrette, Olive Oil
- Taco Seasoning Packet
(40% reduced-sodium)
- Cheese (Cheddar, American)
- Non-fat Sour Cream
- Yellow Corn Tortilla Chips



THE WINNING FAMILY MEAL PLAYBOOK



X Start by adding avocados to your home-prepared meals and snacks. Nutrient dense and contributing good fats to the diet, **avocados turn good dishes into kid-pleasing dishes.**

→ **Avocados provide good fats** (monounsaturated and polyunsaturated fats) to the diet. These good fats help the body absorb nutrients without raising LDL (bad cholesterol levels).

Scientific research suggests that people who **eat meals at home** as a family may enjoy a multitude of nutrition, health and social benefits.^{1,2,3}

A systematic review of 14 studies provided further support that **frequent family meals should be endorsed.**

It suggested that healthcare practitioners should educate families about the benefits of having regular meals together as a family.²

1. Gillman MW, Rifas-Shiman SL, Frazier AL, Rockett HR, Camargo CA Jr, Field AE, Berkey CS, Colditz GA. Family dinner and diet quality among older children and adolescents. *Arch Fam Med.* 2000 Mar;9(3):235-40.
2. Harrison, ME., Norris, ML., Obeid N., Weinstangel, H., Sampson, M. Systematic review of the effects of family meal frequency on psychosocial outcomes in youth. *Canadian Family Physician.* 2015 Feb; 61.
3. Berge, J. M., Hanson, C., & Draxten, M. (2016). Perspectives About Family Meals from Racially/Ethnically and Socioeconomically Diverse Households With and Without an Overweight/Obese Child. *Childhood obesity*, 12(5), 368-376.