

DO THE AVOCADO SWAP

MAKE AVOCADOS PART
OF YOUR HEALTHY DIET



Avocados ^{From} Mexico

ALWAYS FRESH ♦ ALWAYS DELICIOSO ♦ ALWAYS IN SEASON

AvocadosFromMexico.com

SWAP TO BOOST FRUIT INTAKE

ADD HEALTHY AVOCADOS TO BREAKFAST

Eating a healthy diet rich in some vegetables and fruits may protect against certain types of cancers. Healthy avocados are a fresh fruit that can enhance the nutrient quality of the diet.

- ▶ Spread on toast
- ▶ Mix into a smoothie
- ▶ Enjoy as a topping on yogurt or cottage cheese



Avocado Berry Toast

SWAP FOR HEART HEALTH

A CREAMY TOPPING, SPREAD AND SNACK

Fresh avocados can be part of a heart-healthy diet and lifestyle. Avocados are cholesterol-free, sodium-free and low in saturated fat.

- ▶ Add to sandwiches and burgers
- ▶ Mix into salads (chicken, tuna, veggie)
- ▶ Enjoy as a topping for soup



Avocado Tuna
Salad Sandwich

SWAP TO ADD A SOURCE OF FIBER

PLANT-BASED FAT SOURCE FOR BAKING

Avocados contribute nearly 20 vitamins, minerals and plant compounds that can enhance dietary nutrient quality. Avocados are also a good source of fiber and folate per 50g serving (one-third of a medium avocado).

- ▶ **Feature in cookies, brownies and muffins**
- ▶ **Replace one half of the butter or oil in baking recipes with an equal amount of mashed, ripe avocados. Reduce baking temperature by 25 degrees.**



Dark Chocolate
Avocado Brownies

AVO 101

HOW TO RIPEN AN AVOCADO FASTER



HOW TO PICK AN AVOCADO



READY TO EAT
IN 4-5 DAYS



READY TO EAT
IN 2-3 DAYS



READY TO EAT TODAY
OR TOMORROW

HOW TO STORE AN AVOCADO



HOW TO SLOW DOWN RIPENING



THE DELICIOUS ALTERNATIVE



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