

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 healthy 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

Start by adding avocados to your home-prepared meals and snacks. Nutrient dense and loaded with good fats, **avocados turn good recipes 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 shows that people who **eat meals at home** as a family enjoy a multitude of nutrition, health and social benefits.^{1,2,3}

According to a study, when kids eat with the family they **set healthy eating habits for life.** These kids also do better in school, enjoy higher self-esteem and get into trouble less often.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., Obeld 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.*