

START THE NEW YEAR RIGHT WITH 12 WEEKS OF HEALTHY CHALLENGES



The challenge is simple: Meet food-focused monthly goals featuring the dynamic duo of plant-based foods, **Avocados From Mexico** and **NatureSweet®** tomatoes. Eating more plant-based foods is associated with significantly lower risk for heart disease and stroke!

JAN

NEW YEAR, NEW YOU!

GOAL: Aim for **5+ servings** of fruits & vegetables per day.

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Add a serving of avocado or tomato to at least 2 meals per day.	Pack a healthy lunch and a snack using a serving of avocado at least 4 days this week.	Add a salad with avocado and tomato at least 4 days this week.	Make at least 2 appetizers for the Big Game with avocado and tomatoes.

FEB

WE HEART ♥ HEALTH MONTH

GOAL: Choose more plant-based good fats.

WEEK 5	WEEK 6	WEEK 7	WEEK 8
Review nutrition facts labels this week to make sure you're choosing good fats over bad.	Use creamy guacamole as a sandwich spread at least 2 or more days.	For Valentine's Day, use avocado in place of other fats in baking desserts.	Make a fresh salad or salad dressing with avocado to boost good fats and nutrient absorption.

MAR

NATIONAL NUTRITION MONTH

GOAL: Increase **fiber** intake to **25g or more** per day.

WEEK 9	WEEK 10	WEEK 11	WEEK 12
Track your dietary fiber this week—how many days can you consume 25 grams or more?	Make at least 3 plant-based meals this week using avocados and tomatoes.	Plan at least 5 healthy high-fiber snacks this week using avocados and tomatoes.	Avocados and tomatoes make a fiber-filled delicious salad. Include at least 3 times this week.

For more information, visit [AvocadosFromMexico.com](https://www.avocadosfrommexico.com) or [NatureSweet.com](https://www.naturesweet.com)

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