

GRAB & GO AVOCADO TOAST!

AvocadosFromMexico.com



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

GOOD FATS • NUTRIENT-DENSE • NO CHOLESTEROL

GRAB & GO AVOCADO TOAST! POWER UP WITH PLANTS!

- ✓ AVOCADOS FROM MEXICO
- ✓ WHOLE GRAIN BREAD

Eating a variety of fruits and vegetables may help control weight, cholesterol and blood pressure. Avocados are a healthy nutrient-dense fruit.



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