



ADD GOODNESS TO EVERY BITE *WITH* **AVOCADOS**

It's easy & delicious to add fresh fruits & vegetables
throughout your day!

BREAKFAST **AVOCADO TOAST**



LUNCH **FISH TACOS**



DINNER **TACO SALAD**



1/3
medium avocado
= 1 SERVING



A heart healthy fruit, avocados contain good fats + nearly 20 vitamins and minerals. Dietitians and nutritionists recommend balancing your plate by including protein, fruits & vegetables, whole grains and good fats.

1 serving = 1/3 medium avocado and only 80 calories



Scan to learn how to select, store and ripen delicious avocados.

AvocadosFromMexico.com