

# GRACIAS, GOOD FATS.

Avocados are a heart-healthy fruit.



**ALWAYS  
IN SEASON**™



Avocados From Mexico are certified by the American Heart Association®.

[AvocadosFromMexico.com](http://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.