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Preparation	Vitamin E	Fiber	Folate	Vitamin C	Potassium	Iron	Lutein
Cubed	6%	11%	10%	4%	6%	2%	136
Sliced	6%	11%	10%	4%	6%	2%	136
Mashed	6%	11%	10%	4%	6%	2%	136

AVOCAD-O-M-G!
Avocados are a good source of fiber and folid acid.
#GoodFats #MyAvoNutrition #AvocadosFromMexico

AVOCADO FAT BREAKDOWN

1 SERVING=1/3 MEDIUM AVOCADO
(50g) contains 80 calories and 8g of total fat

Category	Type	Percentage
GOOD FATS	Monounsaturated	62.5%
	Polyunsaturated	25%
BAD FATS	Saturated	12.5%

#GoodFats
#MyAvoNutrition
#AvocadosFromMexico

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