



AVOCADO SIZE CHART

Avocados From Mexico come in various sizes perfect for every use.



Yield*

#84
3.75–4.75 oz
½ cup

#70
4.75–6.25 oz
¾ cup

#60
6.25–7.5 oz
½ cup

#48
7.5–9.5 oz
¾ cup

#40
9.5–10.5 oz
¾ cup

#36
10.5–11.75 oz
1½ cups

#32
11.75–13.75 oz
1 cup

Small/Medium

Large

X-Large



Always fresh, Always Good and available 365/24/7, Avocados From Mexico come in various sizes perfect for every use and menu item. Depending on how you're utilizing avocados, the size chart-depicting sizes that are standardized throughout the industry-will help you choose the right avocado for the job. For example, several size 40 avocados will make a terrific batch of guacamole! Want to make a meal out of a single avocado? A size 60 will do the trick.

IT'S *THAT* EASY

For more information, visit AvocadosFromMexico.com/Foodservice



SWITCHING SIZES IS EASY

Avocados From Mexico are always just the right size. They're grown year round and in 7 category sizes to accommodate a variety of needs and budgets. The chart below can help you know which size would best suit your needs based on yield, so you can plan your inventory accurately.



36 CT

40 CT

48 CT

60 CT

70 CT

84 CT

96 CT

WHOLE WEIGHT	OZ	10.51	9.45	7.37	5.96	5.15	4.41	3.7
PEELED/PITTED WEIGHT	OZ	7.51	6.77	5.29	4.06	3.35	3.17	2.93
1/4" SLICED VOLUME YIELD	CUP	1.75	1.5	1.25	1	1	0.75	0.75
NUMBER OF 1/4" SLICES	EACH	24	22	20	19	18	16	16
1/2" SLICED VOLUME YIELD	CUP	1.75	1.5	1.25	1	1	0.75	0.75
NUMBER OF 1/2" SLICES	EACH	12	10	10	9	8	8	8
1/2" DICED VOLUME YIELD	CUP	1.5	1.25 + 3TB	1.25	1 + 2 TB	1	0.75 + 2 TB	0.25 + 2 TB
NUMBER OF 1/2" DICES	EACH	60	56	50	42	34	30	28
MASHED VOLUME YIELD	CUP	1	0.75 + 2 TB	0.75	0.5 + 3 TB	0.5	0.66 + 1 TB	0.25 + 1 TB
PUREED VOLUME YIELD	CUP	0.75 + 2 TB	0.75	0.5 + 3 TB	0.5	0.25 + 3 TB	0.25 + 2 TB	0.25

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