

AVOCADOS *and their health benefits*

NUTRITION FACTS:

Avocados are a Nutrient Dense Food. Nutrient dense foods provide substantial amounts of vitamins, minerals and other nutrients with relatively few calories.

California Avocados are sodium and cholesterol free.

The avocado's creamy consistency makes it one of the first fresh foods a baby can enjoy.

The avocado is virtually the only fruit that contains monounsaturated fat – good fat!

One-fifth of a medium avocado (1oz) has 50 calories and contributes nearly 20 vitamins and minerals, making it a great nutrient dense food choice.

Avocados can act as a "nutrient booster" by helping increase the absorption of fat-soluble nutrients like Vitamins A, D, K and E.

Eating California Avocados can help improve the quality of your diet due to the added benefit of the "good" fats, like those found in avocados. The Dietary Guidelines

state that replacing some saturated fatty acids with unsaturated fatty acids lowers both total and low-density lipoprotein (LDL) blood cholesterol levels.

NUTRIENT DENSE AVOCADOS CAN HELP YOU MEET THE AMERICAN HEART ASSOCIATION'S DIETARY RECOMMENDATIONS: Eat a diet that is low to moderate in fat, limit saturated fat intake to less than 7% of total daily calories, limit trans fats intake to less than 1% of total daily calories, and limit cholesterol intake to less than 300 mg per day



Learn more about health benefits from avocados at www.californiaavocado.com
Please contact Maddie Lord, Director of Public Relations, at mglord@butler.edu for any further questions