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vocados

Avocados are rich in heart-healthy fats, vitamins, minerals and fiber but are also high in calories.

Use to replace butter, mayonnaise or oil in recipes.

Health Benefits of Avocados

Potential benefits of consuming avocados:

have more potassium than bananas

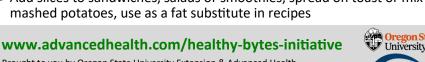
166 Calories, 2 gm protein, 6 gm fiber, 15 gm fat, no cholesterol

Healthy fats support heart health and lower cholesterol

healing, and vitamin K for blood clotting and bone health

1/2 large avocado provides:





Contain a significant amount of folate important for tissue growth and

- neutralizing damaging free radials, and B vitamins for energy production
- Provide antioxidants vitamins C and K, for healthy immune function and

Potassium in avocados is good for controlling blood pressure. Avocados

- Good source both soluble and insoluble fiber that control blood sugars,
- lower cholesterol and contribute to feelings of fullness
- Add slices to sandwiches, salads or smoothies, spread on toast or mix into

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mashed potatoes, use as a fat substitute in recipes

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