

it's a Fruit!

FIBER

Avocado

IT'S A FRUIT!

The avocado is actually a fruit not a vegetable – botanically a single-seeded berry. There are more than 80 varieties of avocados with the “Hass” variety dominating the crop share. A single mature tree can produce up to 120 pieces of fruit in a year!

POTASSIUM

NUTRIENT DENSE!

Ounce for ounce, avocados are one of the most nutrient-dense commonly eaten fruits and are a source of fiber, vitamin B-6, vitamin C, vitamin E, vitamin K, potassium (avocados contain 60% more potassium than bananas), zinc, iron, magnesium, and folate. They are also cholesterol and sodium free. 1/5 of a medium avocado (30g or 1 oz) has 50 calories and 4.5 g fat, most of which is heart-healthy monounsaturated. Additionally, avocados contain lutein and zeaxanthin which may protect the eyes from macular degeneration as well as beta-sitosterol, a natural plant sterol which helps maintain healthy cholesterol levels.

NUTRIENT BOOSTER!

Carotenoids, a fat-loving class of compounds thought to be heart-healthy and cancer-fighting, are commonly found in fruits and vegetables that have naturally low levels of fat. The fat found naturally in the avocado has been shown to significantly increase the absorption of alpha-carotene, beta-carotene, and lutein. So be sure to add some avocado to your vegetable salad.

Avocados are an example of a high fat food that is also healthy for you!

**HEART-HEALTHY
MONOUNSATURATED FAT**

SUPERFOODS