



# Avocado



## Avocados; the advantageous fat!

### Nutrition Tips

- Rich in dietary fiber, Vitamin B6, Vitamin C, Vitamin E, potassium and folate.
- Good source of mono-unsaturated fat.

### How to Pick a Perfect Avocado

- Choose avocados that are heavy for their size with no soft spots.
- Color is no indication of ripeness.
- A ripe avocado should be firm but yield to slight pressure.
- To ripen, place in a paper bag at room temperature until softened.
- Store ripe avocados in the refrigerator and use within a few days.
- They brown quickly so cut just before using or sprinkle with lemon juice to preserve color.
- To freeze, puree the flesh with ½ tbsp of lemon juice and freeze for up to 5 months.
- How to prepare: use a small knife to cut around the pit, nick the pit and remove it. Then slice through the flesh using a grid pattern. Use a spoon to loosen the flesh and scoop out.

### How to Increase Consumption

- Add to a fruit salad. Combine strawberries, peaches, almonds, grapes, and avocado.
- Puree and spread on a sandwich in place of butter or mayonnaise.
- Simply slice, add a touch of sea salt, and a squeeze of fresh lemon-very refreshing!
- Make a guacamole for a nutritious dip with vegetables.



This publication was supported by the CDC Cooperative Agreement number U58/DP001494.  
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# Featured Avocado Recipe

## Guacamole Salsa

Makes about 3 cups

- 2 avocados, peeled, pitted and chopped
- ½ cup salsa
- 2 Tbsp. chopped fresh cilantro
- 1 lime, juiced
- 1 cup canned black beans, rinsed and drained
- salt and pepper to taste

In a medium bowl, combine all ingredients. Chill until serving.

Per 2 tablespoons: 33 calories, 2. g fat, <1 g protein, 3 g carbohydrate, 1.5 g fiber, 56 g sodium

**\*This recipe is a Foot Steps to Health recipe and 500 Club Approved\***



For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>