



## Healthy Living Series

# AVOCADO

We know that physical activity helps prevent disease, but nutrition also plays a big part in overall healthy living as well! It starts with small, everyday changes, like swapping out bad fats for good fats, that can have a big impact on improving heart health. The [World Health Organization](#) reports that increased fruit and veggie consumption can reduce the risk of noncommunicable diseases. So let's talk about one of our favorite heart-healthy fruits - avocados!



### Heart Health Benefits

- Naturally Good Fats - 75% of the fat in avocados is "good fat"
- Good Source of Fiber - 3g of fiber per 50g serving
- Cholesterol, Sodium, and Sugar Free
- Increases Satiety and Meal Satisfaction
- Nutrient Dense - nearly 20 vitamins and minerals
- Learn more at [LoveOneToday.com/health-professionals](https://www.loveonetoday.com/health-professionals)



### Avocado How-To

- **Select:** ripe avocados are darker in color and yield to firm, gentle pressure
- **Prepare:** WASH and dry + slice down the center lengthwise + twist and rotate the halves apart + remove the seed with a spoon + pull the skin away
- **Store:** sprinkle with lemon or lime juice and place in an air-tight container to prevent oxidation or "browning"



### Enjoy!

- There's no single right way to eat an avocado, but there are countless ways to enjoy one! Try...
  - just an avocado
  - avocado spreads on whole-grain toast or crackers
  - baking with avocados
  - soups and smoothies
  - atop sandwiches and salads