



Healthy Living Series

AVOCADOS

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. It is estimated by the American Heart Association* that if Americans ate a diet including higher levels of fruits and vegetables every day, nearly 40,000 deaths would be avoided each year. 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/walk

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
 - guacamole or avocado dips
 - soups and smoothies
 - atop sandwiches and salads

fresh **avocados**

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heart-healthy • good source of fiber

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*American Heart Association