



GO LEAN WITH PROTEIN

avocado

Avocados are high in healthy fats and fiber. These healthy fats are important for a healthy nervous system and heart. They also help to lower LDL (bad) cholesterol levels in your body. Eating more fruits and vegetables can help lower high blood pressure.

DID YOU KNOW?



- Avocados contain healthy fatty acids, essential amino acids, more than 20 vitamins and minerals and they are a good source of fiber.
- Avocados have the highest protein content of any fruit.
- Avocados have more potassium than bananas.
- You can determine if an avocado is ripe by applying a little pressure to the skin. It should give slightly if it is ready.

WELLNESS TIP

Children should get at least 60 minutes of physical activity each day and adults should aim for 30 minutes, but you don't have to do it all at once. Fit your fitness activities into 10-15 minute bursts that work for your schedule.

SHOPPING, PREPARING AND STORING



- Avocados are highly perishable so unless you plan to use them right away, it is best to purchase them a little under ripe.
- When purchasing an avocado, it should be heavy for its size and slightly firm.
- A firm avocado will ripen in a paper bag at room temperature within a few days.

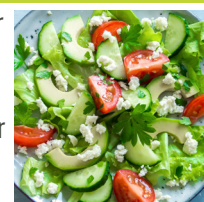
COOKING TIPS



- Avocados are a great substitution for foods that are rich in saturated fat.
- Use avocados in guacamole, or mix diced avocado into your favorite salad or soup recipe.
- Avocados can be made into hollowed-out "bowls" for dips and other dishes.

AVOCADO, STRAWBERRY AND PECAN SALAD

serves 4



- 2 tablespoons white sugar
- 2 tablespoons olive oil
- 4 teaspoons honey
- 1 tablespoon cider vinegar
- 1 teaspoon lemon juice
- 4 cups romaine lettuce
- 1 large ripe avocado, peeled, seeded and sliced
- 12 strawberries, sliced
- 1/4 cup pecans, chopped

1. In a small bowl, whisk together the sugar, olive oil, honey, vinegar and lemon juice. Set aside.
2. Place the lettuce in a bowl, and top with sliced avocado and strawberries.
3. Drizzle dressing over everything, then sprinkle with pecans.
4. Refrigerate for up to 2 hours before serving.

Recipe adapted from Chef Justin Timineri, C.E.C., Florida Department of Agriculture and Consumer Services

Calories: 266; Total Fat: 19.5 g; Saturated Fat: 3 g; Total Carbohydrates: 23 g; Protein: 3 g; Sodium: 7 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.



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