



# Avocado

October 2012

## NUTRITION FACTS: SERVING: 1 OUNCE

Calories	50
Total Fat	4.5g
Saturated Fat	0.5g
Monounsaturated Fat	3g
Polyunsaturated Fat	0.5g
Potassium	150mg
Sodium	0mg

### Key Avocado Nutrients

**Vitamin E:** Prevents plaque build-up in the arteries (called atherosclerosis).

**Vitamin C:** Helps maintain a strong immune system so the body can fight infections.

**Vitamin B6:** Keeps the immune and nervous systems healthy.

**Potassium:** Important for water balance and preventing muscle cramps.

**Lutein:** Supports good vision.

**Plant Sterols:** Lowers cholesterol.

## Did you know???

- Avocados are nutrient dense foods, meaning they contain a large amount of nutrients compared to the amount of calories per serving.
- Avocados are a great source of monounsaturated fat, which helps support healthy cholesterol levels.
- If you leave the avocado pit in your guacamole it will prevent it from browning.
- Avocados are fruits, not vegetables.
- Avocados contain no sodium or cholesterol.
- Avocados provide our bodies with almost 20 vitamins that keep us healthy.
- In order to properly cut an avocado, you should follow this steps:
  - Wash the fruit.
  - Cut the fruit lengthwise.
  - Twist the two halves and pull apart.
  - Scoop the seed out with a spoon.
- A single avocado tree may produce up to 400 avocados in one year.
- Avocados grow best in tropical or subtropical climates.
- Avocados do not ripen until they have fallen off the tree or have been picked.



## Guacamole

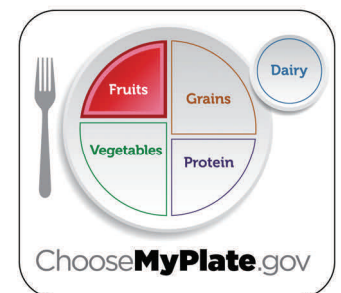
### Ingredients:

4 ripe avocados, peeled and pitted  
 2 Tbs. lemon juice  
 1 clove garlic, crushed  
 1 tomato, finely chopped  
 1/4 C onion, finely chopped  
 1/8 tsp. ground cumin  
 Tortilla chips

### Directions:

- Mash avocados with a fork
- Mix in lemon juice, garlic, tomato, onion, and cumin
- Eat with tortilla chips
- Refrigerate leftovers

<http://www.avocado.org>



<http://www.watermelon.org/Default.aspx>  
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<http://www.Eatright.org/kids/>  
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