

### **AVOCADO NUTRITION FACTS**

California Avocados are a heart-healthy superfood.

Avocados are a good source of five essential nutrients - fiber, folate, vitamin K, pantothenic acid (B5), and copper.

California Avocados provide “good” (5 g monounsaturated and 1 g polyunsaturated) fats to one’s diet. Good fats help the body absorb fat-soluble nutrients without raising LDL (“bad”) cholesterol levels<sup>2</sup> when eaten as part of a healthy diet.

California Avocados are virtually the only fruit with heart-healthy monounsaturated fat and polyunsaturated fat (the good fats).

One-third of a medium avocado (50 g) has 80 calories and contributes nearly 20 vitamins and minerals, making it a nutrient-rich choice.

California Avocados are naturally sodium-, cholesterol- and trans fat-free.

### **AVOCADO NUTRITION BENEFITS**

#### **Fiber & Heart Health**

- When it comes to fact, the body needs some fat to help with nutrient absorption. California Avocados provide the good fats your body needs and can play a dual role in the diet to help people meet fruit and good fat recommendations.

#### **Antioxidant & Immune System**

- One-third of a medium avocado contains 6% of the Daily Value for vitamin E, an antioxidant that protects body tissue from damage and helps keep the immune system strong against viruses and bacteria.

#### **Potassium & Blood Pressure**

- According to the American Heart Association dietary potassium can help control blood pressure by blunting the adverse effects of sodium on blood pressure. A serving of avocado (50 g) contains 254 mg of potassium or 6% of the recommended daily value.
- Avocados are listed as a food source of potassium in the 2015 Dietary Guidelines for Americans. Low potassium intakes can increase the risk of illness and may be involved in hypertension and stroke, kidney stones, bone health, blood glucose control, and type 2 diabetes.

The Dietary Guidelines for Americans and the American Heart Association recommend eating less nutrient-poor foods, and limiting the amount of saturated fat, trans fat, added sugars and sodium consumed. Avocados are a naturally sugar-free and sodium-free fruit and are a source of “good” fats (over 75 percent of the fat in avocado is unsaturated).

<b>Nutrition Facts</b>	
3 servings per container	
<b>Serving size</b>	<b>1/3 medium (50g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	2%
Potassium 250mg	6%
Vitamin A 0mcg	0%
Vitamin C 4mg	4%
Vitamin E 1mg	6%
Vitamin K 11mcg	10%
Thiamin 0.04mg	4%
Riboflavin 0.1mg	8%
Niacin 1mg	6%
Vitamin B <sub>6</sub> 0.1mg	6%
Folate 45mcg DFE (0mcg folic acid)	10%
Pantothenic Acid 0.7mg	15%
Phosphorus 30mg	2%
Magnesium 15mg	4%
Zinc 0.3mg	2%
Copper 0.1mg	10%
Manganese 0.1mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Avocados Are a Nutrient Booster

California Avocados are one of nature's most extraordinary and special fruit, and can be a fresh, natural, wholesome part of a healthy diet. **Eating vegetables and fruits** like heart-healthy avocados, is associated with a reduced risk of many chronic diseases, including cardiovascular disease, and may be protective against certain types of cancers, according to the Dietary Guidelines for Americans.

Packed with delicious flavor, the avocado contributes nearly 20 vitamins, minerals and phytonutrients, making it a heart-healthy choice to help meet nutrient needs. Although phytonutrients are not essential, research suggests they may promote human health.

California Avocados are **nutrient-dense meaning they provide substantial amounts of vitamins, minerals and other nutrients with relatively few calories.**

And, heart-healthy California Avocados act as a “nutrient booster” by helping increase the absorption of fat-soluble nutrients like vitamins A, D, K and E.

## Avocados Are a Nutrient Absorption Booster

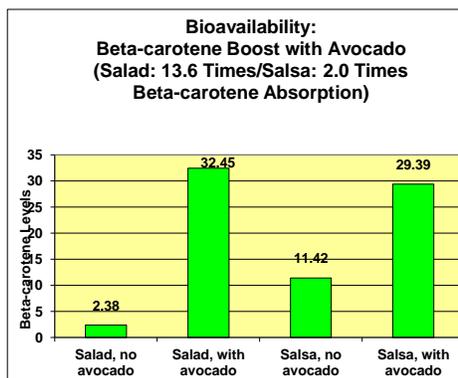
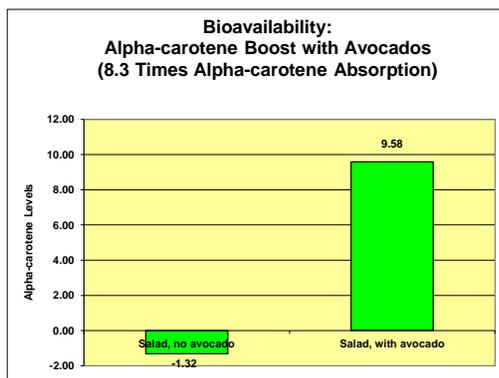
When served with other fruits and vegetables, avocados have the ability to act as a “nutrient absorption booster,” enabling the body to absorb more fat-soluble nutrients, such as alpha-carotene and beta-carotene, as well as lutein. These carotenoids are being studied for their role in heart, eye and prostate health.

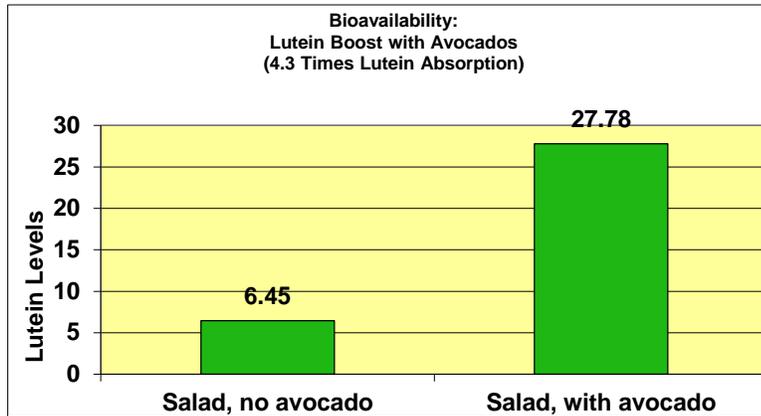
During a study at Ohio State, participants who consumed 75g, or 2.5 servings (approximately 2.5 tablespoons) of avocados along with lettuce, carrots and spinach absorbed more than 8 times the alpha-carotene, 13 times more beta-carotene and more than 4 times the lutein than subjects who only consumed lettuce, carrots and spinach. When salsa was consumed with the 150g of avocados, the subjects absorbed 4.4 times more lycopene and doubled the absorption of beta-carotene.<sup>2</sup>

Alpha-carotene – Converted to vitamin A; enhances the immune system

Beta-carotene – Converted to vitamin A; may have positive effect on immunity; may promote heart health

Lutein – May promote healthy vision





<sup>2</sup> Nurray Z. Unlu, Torsten Bohn, Steven K. Clinton and Steven J. Schwartz, "Carotenoid Absorption for Salad and Salsa by Humans Is Enhanced by the Addition of Avocado or Avocado Oil", *Journal of Nutrition*, 2005 135: 431-436.

## Avocados Enhance Nutrient Quality of Diet

According to USDA's Agricultural Research Service, fruits and vegetables including California Avocados, **contain carotenoids and other plant compounds** that may play a role in preventing oxidative damage and may help enhance the immune system, reduce inflammation and detoxify contaminants.<sup>3</sup>

The **Dietary Guidelines for Americans** and the **American Heart Association** recommend eating less nutrient-poor foods, and **limiting the amount of saturated fat, trans fat, added sugars and sodium consumed**. The majority of fats in one's diet should be heart-healthy unsaturated; over 75% of the fat in avocados is unsaturated, good fat.

Avocados fit into healthy eating patterns included in the Dietary Guidelines for Americans. Following a healthy eating pattern across the lifespan, at an appropriate calorie level, can help people achieve and maintain a healthy body weight, support nutrient adequacy and reduce the risk of chronic disease.

Avocados are **virtually the only fruit with good fats** and are a delicious way to help people meet the Dietary Guidelines for Americans' recommendations to shift from eating saturated fat to good fats.

**TIP:** Use mashed avocados as a sandwich spread or stuffed potato topper to add flavor and texture.

<sup>3</sup> USDA Agricultural Research Service, Plant Pigments Paint a Rainbow of Antioxidants, <https://agresearchmag.ars.usda.gov/1996/nov/plant>