



HEALTHY FATS

avocado

Avocados are high in healthy fats and fiber. These heart-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.

Research has shown that eating breakfast leads to an improved mood, better memory and more energy all day long. A well-balanced breakfast is composed of fiber-rich whole grains, lean protein and healthy fats.

Did you know?

- Avocados contain healthy fatty acids, essential amino acids, over 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.

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.
- You can determine if an avocado is ripe by applying a little pressure to the skin. It should give slightly if it is ready. A firm avocado will ripen in a paper bag or in a fruit basket at room temperature within a few days.
- When purchasing an avocado, it should be heavy for its size and slightly firm.

Cooking Tips

- Avocados are a great substitution for foods that are rich in saturated fat.

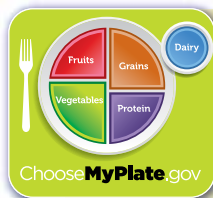
Florida avocados are mostly grown in Miami-Dade and Collier County.

GUACAMOLE

- 3 Florida avocados, halved, seeded and peeled**
- 1 lime, juiced**
- 1/2 teaspoon kosher salt**
- 1/2 medium onion, diced**
- 2 Roma tomatoes, seeded and diced**
- 1 tablespoon chopped cilantro**
- 1 clove garlic, minced**



1. In a large bowl place the scooped avocado and lime juice, toss to coat.
2. Drain, and reserve the lime juice, after all of the avocados have been coated.
3. Using a potato masher add the salt, and mash.
4. Then, fold in the onions, tomatoes, cilantro, and garlic.
5. Add 1 tablespoon of the reserved lime juice.
6. Let sit at room temperature for 1 hour and then serve.



FRUITS

Make most of your choices whole or cut fruit instead of juice.

VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

GRAINS

Make at least half of your grains whole grains.

DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.