ABC - ALPHA- AND BETA-CAROTENE

Found in avocados, carrots and tomatoes, alpha and beta-carotene are considered “pro-vitamins” because they can be converted to active vitamin A in the body.

**Vitamin A is involved in reproduction & growth.** May be key for expecting & breastfeeding moms.

+ has **ANTIOXIDANT** Properties and can assist with Immune Function.

** ALSO GREAT FOR:**

- Eyes
- Skin
- Teeth

**Great Combo: Carrots & Avocado**

- 6481 mcg beta-carotene
- 2719 mcg alpha-carotene
- 260% Daily Value of Vitamin A

*Per 1 serving each

**Great Combo: Tomatoes & Avocado**

- 684 mcg beta-carotene
- 156 mcg alpha-carotene
- 25% Daily Value of Vitamin A

*Per 1 serving each

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Mama’s Homemade Guacamole w/ Carrots

- 4 ripe, Fresh Hass Avocados, seeded, peeled, cut in chunks
- 1 Tbsp. lemon juice
- 1/2 small sweet white onion, minced
- 1 ripe Roma tomato, seeded and diced
- Salt and pepper, to taste

Mash together avocado and lemon. Stir in ingredients.

More information at: LoveOneToday.com/MamasGuacamole

Simple Avocado Salad w/ Lime Vinaigrette Carrots

- 2 ripe fresh Hass Avocados, seeded and peeled
- 1 cup cooked black beans
- 1 cup cooked cherry tomatoes
- 1 cup cooked yellow corn
- mixed greens
- 1 cup garbanzo beans
- 1/4 cup sunflower seeds
- 1/4 cup baked garbanzo beans
- 1/4 cup lime vinaigrette

Lime Vinaigrette:
- 3 each juice of lime
- 1 Tbsp. minced shallot
- 1 each minced garlic clove
- 1/4 cup extra virgin olive oil

Mix all ingredients into medium sized salad bowl. Add some of the vinaigrette. Place ring mold onto plate and add salad mixture, press down lightly. Add mixed greens to bowl and add rest of the vinaigrette. Place onto salad and remove ring mold.

More information at: LoveOneToday.com/SimpleSalad