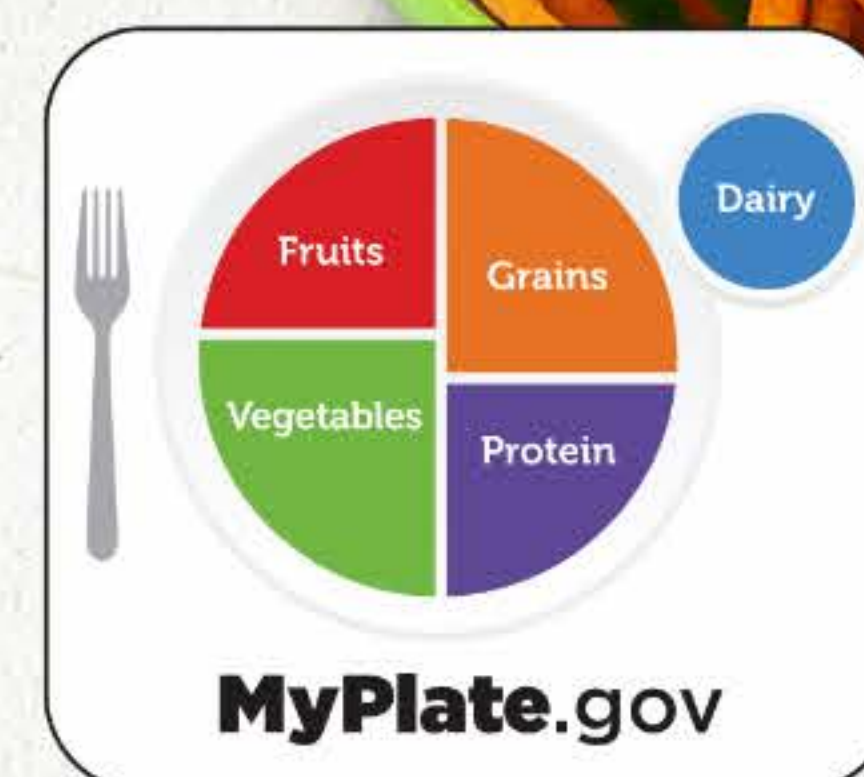


fresh avocados
LOVE ONE TODAY[®]
nutrient-dense • heart-healthy

Avocados Help Make Every Bite Count

*Delicious Small Changes
Support MyPlate Goals*



Why are fresh avocados recommended as part of MyPlate, the most current nutrition guidance for Americans?

MyPlate recommends making half your plate fruits and vegetables to boost fiber intake. Diets rich in healthy foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity, and type 2 diabetes. →

One avocado counts as one cup of vegetables out of the 2-3 cups recommended daily for adults. Each delicious serving is a good source of fiber.

MyPlate recommends making food choices lower in saturated fat, sodium, and added sugars. Following a healthy eating pattern across the lifespan, with 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 naturally low in saturated fat and do not contain any sodium or added sugars.

The benefits of healthy eating add up over time, bite by bite. **Start simple by trying these easy meal makeovers.**

MEAL MAKEOVER 1

Scrambled Eggs

Kick-off the day with a positive move to more fiber and less bad fat at breakfast



INGREDIENTS

- 2 scrambled eggs
 - 1 oz. cheddar cheese
- SWAP THIS**
- 1 breakfast sausage link

FOR THIS

+ ¼ fresh avocado

BEFORE /AFTER

Calories	390	360
Saturated Fat	12g	10g
Good Fat	15g	16g
Fiber	0g	3g

MEAL MAKEOVER 2

Raspberry Salad

Try out this winning swap midday which doubles fiber and cuts bad fat in half.



INGREDIENTS

- ¼ package spring mix salad
- 2 Tbsp. fresh raspberries
- ⅛ (11 oz.) can mandarin oranges, drained
- 1 Tbsp. glazed walnuts, coarsely chopped
- 1 Tbsp. green onions, sliced
- 2 Tbsp. honey raspberry vinaigrette dressing

SWAP THIS

- 1 slice bacon, crumbled
- 2 Tbsp. blue cheese

FOR THIS

+ ¼ fresh avocado

BEFORE /AFTER

Calories	320	300
Saturated Fat	6g	3g
Good Fat	19g	21g
Fiber	3g	6g

Grilled Chicken Flatbread and Chopped Salad

Enjoy the flavor and nutrition upgrade from more veggies on the dinner menu.



INGREDIENTS

½ cup cucumber, diced
1 Tbsp. diced sweet onion
⅛ tsp. salt
½ Tbsp. plain 2% Greek yogurt
1 tsp. fresh lemon juice, divided
¼ tsp. black pepper
¼ cup grape tomatoes, halved
½ Tbsp. fresh dill, chopped
½ grilled chicken cutlet, sliced
1 whole-wheat pita or flatbread

SWAP THIS

- ½ Tbsp. sour cream
- ½ oz. provolone cheese

FOR THIS

+ ¼ fresh avocado

BEFORE /AFTER

Calories	360	370
Saturated Fat	4g	2g
Good Fat	5g	8g
Fiber	6g	9g

Give snack time a nutrient boost—It's never too early or too late to eat healthier.

Lime Spiced Mini Tostada with Guacamole Topper

1 fresh avocado
8 mini tortillas
1 tsp. chile lime spice
1 Tbsp. lime juice
2 Tbsp. onion
1 cup cherry tomatoes
2 Tbsp. cilantro leaves

Calories	170
Saturated Fat	1g
Good Fat	5g
Fiber	6g



AND

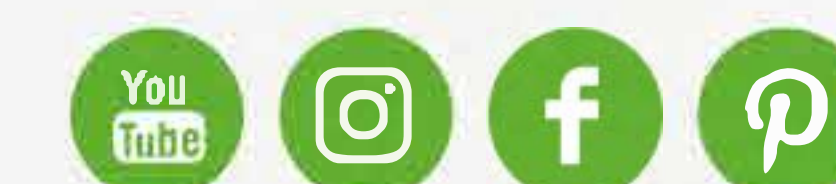


Green Power Smoothie

1 fresh avocado
1 green apple or pear
1 cup fresh spinach
½ cup cucumber
2 cups coconut water
1 cup ice
1 Tbsp. lime juice
2 Tbsp. honey

Calories	140
Saturated Fat	1g
Good Fat	4g
Fiber	5g

LEARN MORE AT: LoveOneToday.com/myplate



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