

# MIX, MASH

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## What Makes for an Appropriate First Food?

### FRESHNESS

Wholesome, fresh foods are less likely to contain added sugars, salt, and other processed ingredients.

Avocados are naturally sugar, sodium and cholesterol-free.

### NUTRIENT DENSITY

First foods should bring in a variety of nutrients to the baby's diet.

Healthy avocados contribute nearly 20 nutrients, including vitamins, minerals, dietary fiber, and phytonutrients to a toddler's diet per 25-gram serving.

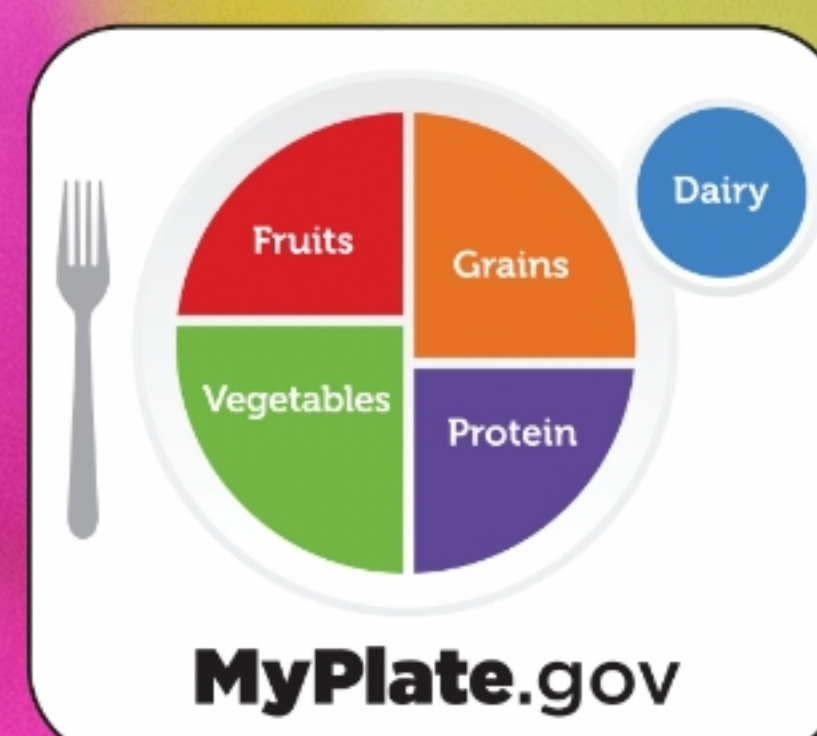
### CONSISTENCY

Foods need to have the right texture – soft, thin and smooth – to prevent choking.

Slice, dice, or mash avocados to create different experiences. Based on recommendations from the Academy of Nutrition and Dietetics,<sup>1</sup> the avocado's smooth and creamy consistency makes it an appropriate first food a baby can enjoy.

1 Dos and Don'ts for Baby's First Foods. Kids Eat Right. Academy of Nutrition and Dietetics, from [www.eatright.org/resource/food/nutrition/eating-as-a-family/dos-and-donts-for-babys-first-foods](http://www.eatright.org/resource/food/nutrition/eating-as-a-family/dos-and-donts-for-babys-first-foods).

fresh **avocados**  
**LOVE ONE TODAY**<sup>®</sup>  
good source of fiber • naturally good fats



## Simple Avocado MASH-UPS

Simply mix and mash these ingredients together until you reach the desired consistency\*

\*Before starting or introducing new foods, parents and caregivers should consult a physician or healthcare provider



### AVOCADO + BANANA:

double up on the delivery of potassium, vitamin A and fiber



### AVOCADO + STRAWBERRY:

a berry easy way to pump up vitamin C



### AVOCADO + BEANS:

a great way to bring good fats and high-quality protein together in one meal



### AVOCADO + SWEET POTATO:

avocado enhances absorption of fat-soluble nutrients found in the sweet potato

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Young children eat small quantities of foods, so it's important to **make every bite count.**

# Meeting the NUTRITIONAL NEEDS OF TODDLERS

AGES 1-3 YEARS

Comparison of nutrients found in avocado versus popular complementary and transitional fruits highlights the nutrient density of avocados given most fruits have a typical serving size that is five times larger.

*Citation: Comparison based on 125g serving size for 09003, Apples, raw, with skin, 09038, Avocados, raw, California, 09040, Bananas, raw, 09316, Strawberries, raw FDA Fruits for toddlers RACC serving size, based on Guidance for Industry: Reference Amounts Customarily Consumed: List*



**Apple**  
125 grams



**Avocado**  
25 grams



**Banana**  
125 grams



**Strawberry**  
125 grams

	Apple	Avocado	Banana	Strawberry
<b>POTASSIUM</b> (mg)	134	130	450	190
<b>FOLATE</b> (mcg)	5	20	25	30
<b>LUTEIN + ZEAXANTHIN</b> (mcg)	36	68	28	33
<b>VITAMIN K</b> (mg)	3	5	1	3
<b>VITAMIN E</b> (mg)	0.2	0.5	0.1	0.4
<b>MUFA</b> (g)	0	2.5	0	0
<b>FIBER</b> (g)	3	2	3	3
<b>SUGAR</b> (g)	13	0	15	6

Dietary habits established in childhood often carry into adulthood, so teaching children how to eat healthy at a young age will help them develop healthy eating patterns throughout their lives. Get more education and inspiration at: [LoveOneToday.com/babies](https://LoveOneToday.com/babies)