



Fresh avocados are low in saturated fat and cholesterol and sodium-free.

- saturated fat and trans fat
- cholesterol
- sodium

Limit foods that work against your goals to eat better. This includes foods high in:



of other fats.

Eating healthy foods at home and when eating out is important. Make good choices that can support your weight management goals. Healthy avocados are delicious, filling and fit in a reduced-calorie diet when eaten in place



manage weight.

Having overweight is a big risk factor for diabetes. Eating good sources of fiber like fresh avocados adds bulk to your diet and can help you feel fuller faster which can help

WATCH-OUTS

BE CREATIVE

Making healthier eating choices does not have to mean giving up on all your favorite meals. Versatile healthy fruits like avocados can be eaten alone or used in a variety of tasty recipes from soups to salads to smoothies.



EVERY BITE COUNTS

INSPIRATION AWAITS!

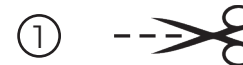
Visit LoveOneToday.com for a delicious collection of recipes featuring healthy avocados and more nutrition tips to help you prevent type 2 diabetes.



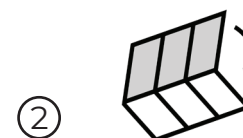
MAINTAIN A HEALTHY WEIGHT

TIPS ON PREVENTING TYPE 2 DIABETES & HOW AVOCADOS CAN HELP

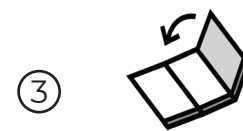
fresh avocados
LOVE ONE TODAY
heart-healthy • naturally good fats



1 Cut along the dotted lines.



2 Fold paper in half where green and purple join.



3 With purple side facing up, fold right panel inward.



4 Fold left panel inward to create a trifold.



5 Place in your wallet for easy reference.