



# AVOCADOS, CHOLESTEROL, and YOU

Include delicious, heart-healthy avocados in everyday healthy eating plans to help increase fruit and vegetable intake and provide a whole food source of naturally good fats, fiber and other important nutrients. Avocados are also low in saturated fat, cholesterol-free, and sodium-free.



## AVOCADOS CONTAIN GOOD MONOUNSATURATED FATS

**Monounsaturated fats can help reduce bad cholesterol levels** in your blood which can lower your risk of heart disease and stroke.

One-third of a medium avocado contains 5 grams of good monounsaturated fat.



## AVOCADOS ARE A GOOD SOURCE OF FIBER

**Avocados are a great fresh fruit option to help boost fiber intake.**

30% of the fiber in an avocado is soluble fiber which helps prevent your digestive tract from absorbing cholesterol. Diets rich in healthy foods containing fiber may reduce the risk of heart disease, obesity, and type 2 diabetes.



## AVOCADOS CONTAIN PHYTOSTEROLS

**Phytosterols are naturally occurring substances found in avocados and other plant foods that help to block the absorption of cholesterol** in the body when consumed twice daily as part of a diet that is low in saturated fat and cholesterol.

One-third of a medium avocado contains 38 milligrams of beta-sitosterol.



# HOW CAN YOU EAT MORE HEART-HEALTHY AVOCADO?

**It's simple! Just trade one food for a serving of avocado.**



Spread avocado on your toast or bagel instead of butter, margarine or regular cream cheese.



Use avocados to create creamy dips.



Replace one-half the oil or butter in your baked good recipe with equal amount of pureed avocado.



Add avocado chunks to chili, tacos, soups and burritos instead of regular fat cheese.



Use avocado spread as a condiment on your sandwich.



Need more fiber in your smoothie? Avocados help boost fiber intake.



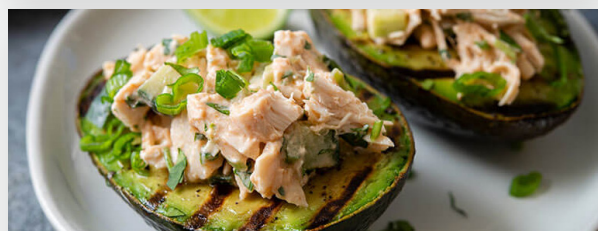
Bake an egg inside an avocado half.



Use a homemade, creamy avocado dressing on your salad.



Whip up some creamy, homemade avocado ice cream.



Looking for a lower-carb lunch? Top half of an avocado with tuna or chicken salad.



# AVOCADO BAGEL SPREAD

## INGREDIENTS

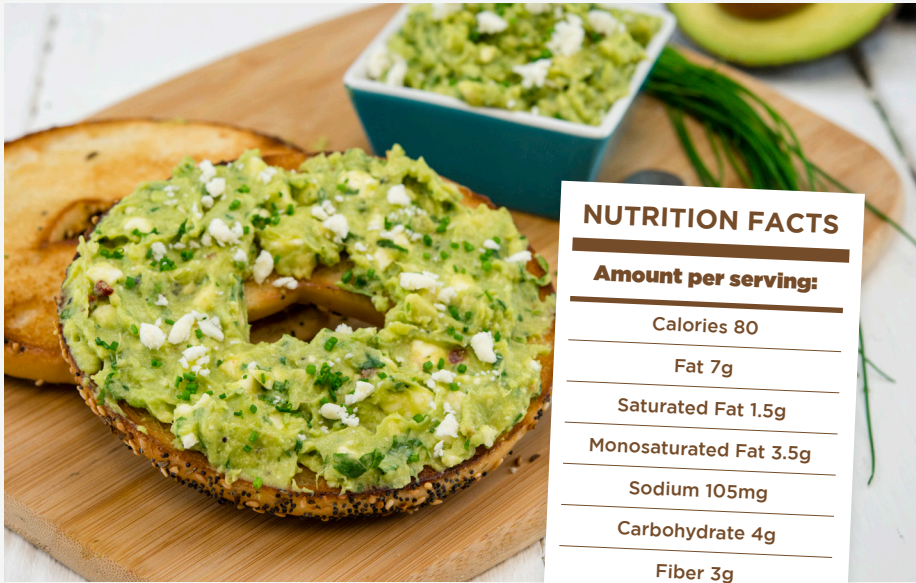
- 1 ripe, fresh avocado, halved, pitted and peeled
- 1 oz. feta cheese
- 1/4 tsp. onion powder
- 1 1/2 Tbsp. chives or cilantro, chopped
- 1/8 tsp. ground black pepper
- Dash of cayenne pepper
- Sea salt (to taste)
- Red pepper flakes (to taste)
- 1 Tbsp. fresh squeezed Lemon juice

### Alternative Seasoning Options:

- 1/4 tsp. Lemon pepper (in place of onion powder)

## INSTRUCTIONS:

1. Combine avocado with feta cheese and mix until well blended.
2. Add remaining seasonings and mix well.
3. Adjust sea salt and red pepper flakes to taste.
4. Garnish with fresh lime slices and a sprig of cilantro.



## NUTRITION FACTS

### Amount per serving:

Calories 80

Fat 7g

Saturated Fat 1.5g

Monosaturated Fat 3.5g

Sodium 105mg

Carbohydrate 4g

Fiber 3g

Protein 2g



# MEXICAN "HOT CHOCOLATE" SPICED AVOCADO MINI MUFFIN BITES



## NUTRITION FACTS

### Amount per muffin:

Calories 100

Fat 4.5g

Saturated Fat 1g

Monounsaturated Fat 1.5g

Sodium 55mg

Carbohydrate 14g

Fiber 1g

Protein 2g

## INGREDIENTS

- 1 3/4 cups flour, sifted
- 1/2 cup unsweetened cocoa powder, sifted
- 1 1/2 tsp. baking powder
- 2 very ripe, fresh avocados, halved, peeled, pitted and mashed
- 1 1/2 tsp. ground cinnamon
- 1/2 tsp. salt
- 1/8 tsp. ground cayenne pepper
- 1/4 cup canola oil
- 1 cup sugar
- 1 cup low-fat milk or plain soymilk
- 2 eggs
- 1 1/2 tsp. vanilla
- 1/2 cup mini chocolate baking morsels

## INSTRUCTIONS:

1. Preheat oven to 350° F. Line 36-count mini muffin tin with muffin cups.
2. Combine flour, cocoa, baking powder, cinnamon, salt and cayenne pepper.
3. With an electric mixer, beat mashed avocado, sugar and canola oil until smooth. Add milk, eggs and vanilla. Stir to combine. Add dry ingredients, mixing on low until combined. Stir in mini chocolate morsels.
4. Divide batter among 36 mini muffin cups. Bake until center resists light pressure, 10 to 12 minutes. Cool on a wire rack.