

LOVE AVOCADOS IN A DASH EATING PLAN

The DASH diet is a healthy, flexible eating plan that is scientifically proven to lower high blood pressure, blood cholesterol levels, and overall cardiovascular disease risk factors. The DASH eating plan is designed to be rich in potassium, calcium, magnesium, dietary fiber, and protein and is lower in sodium than the typical American diet. It also limits foods high in saturated fat such as fatty red meat, full-fat dairy products and added sugar.

The DASH diet is easy to adopt and great for the whole family! The plan recommends eating fresh vegetables and fruit, low-fat dairy products, whole grains, poultry, seafood, beans, and nuts. It is also important to choose and prepare foods with less salt and sodium to stay within daily sodium levels of 2,300 mg or 1,500 mg.

Fresh avocados can be part of the DASH eating plan especially when used in place of other fats or carbohydrates. One third of a medium avocado contains 250 milligrams of potassium or 6% of your daily potassium need as well as 3 grams of fiber.



PER SERVING
(1/3 OF A MEDIUM AVOCADO)
**FRESH AVOCADOS
CONTRIBUTE SIX GRAMS OF
NATURALLY
GOOD FATS,
A GOOD SOURCE
OF FIBER
AND NEARLY TWENTY
ESSENTIAL
VITAMINS +
MINERALS**
TO THE DIET, MAKING THEM A
**HEALTHY, NUTRIENT-RICH
& VERSATILE FOOD CHOICE
TO INCLUDE IN THE DASH
EATING PLAN.**

Meal Plan Total Nutrients:

1990 calories
79 g fat
11 g saturated fat
130 mg cholesterol

239 g carbohydrate
45 g fiber
94 g protein
2040 mg sodium

DASH meal plan INSPIRATION

Here are four avocado inspired meal ideas to help get you started.

BREAKFAST

Strawberry Banana Avocado Smoothie Bowl

+ 1 slice whole wheat bread with almond butter

TIP

Start the day with this nutritious, creamy smoothie bowl. Rich in potassium (25% DV) provides and whopping 14 grams of fiber per serving.



LUNCH

Lettuce Cups With Avocado, Tangerine & Salmon

+ brown rice and a cup of non-fat milk

TIP

Need to use up that leftover salmon? Serve it taco-style in a fresh lettuce wrap. Low in sodium (480 mg) with only 240 calories per serving.



SNACK

Avocado Rice Cracker

+ One small apple

TIP

This easy afternoon snack will keep you satisfied until your next meal. Contains a good source of fiber and only 110 calories per serving.



DINNER

Poached Halibut With Roasted Potatoes And Avocado Cream

+ tossed green salad with tomatoes and oil/vinegar, whole grain dinner roll and non-fat milk

TIP

You cannot beat this warm and creamy avocado sauce. It's perfect on chicken, fish and even on your scrambled eggs. This dish is low in saturated fat and cholesterol and fits perfect within the DASH meal plan.



freshavocados

LOVE ONE TODAY®

• naturally good fats
• cholesterol free

TRY OUR HEALTHY DASH-STYLE, 2,000 CALORIE MEAL PLAN

STRAWBERRY BANANA AVOCADO SMOOTHIE BOWL

PREP TIME: 40 minutes, includes 30 minutes chill time
TOTAL TIME: 40 minutes | **SERVINGS:** 2

INGREDIENTS:

Avocado Kale Mixture

1 large, ripe, fresh avocado,
halved, pitted and peeled
1/2 banana
1 cup baby kale leaves
1/2 cup coconut water
1 tsp. lime juice (optional)

Strawberry Banana Mixture

1 cup trimmed strawberries
1/2 banana
1/2 cup coconut water
2 Tbsp. chia seeds
1 tsp. lime juice (optional)

Toppings (optional): granola, coconut-flaked,
strawberries-sliced

INSTRUCTIONS:

Strawberry Banana Mixture

1. Combine strawberries, banana, coconut water, chia seeds and lime juice, in blender and puree until smooth. Refrigerate until chilled and thickened, at least 30 minutes.

Avocado Kale Mixture

1. In clean blender, combine baby kale, avocado, banana, coconut water and lime juice and puree until smooth. Refrigerate until chilled, at least 30 minutes.

Smoothie Bowl

1. Pour Strawberry Banana mixture on one side of serving bowl and Avocado Kale mixture on other side of serving bowl.
2. Top with fresh coconut.

Serving suggestion: 1 slice whole wheat bread with 1 Tbsp. almond butter

AVOCADO RICE CRACKER

PREP TIME: 5 minutes | **TOTAL TIME:** 5 minutes | **SERVINGS:** 4

INGREDIENTS:

7 oz. filets of halibut (4 each)
1 cup vegetable stock
2 cup roasted fingerling potatoes
2 cup blanched green beans
1 cup cherry tomatoes
1 garlic clove, minced
1 cup avocado puree

INSTRUCTIONS:

1. On each rice cracker, spread 1 tablespoon Greek yogurt.
2. Coarsely chop one quarter of the avocado over the yogurt.
3. With a fork, mash avocado and spread evenly over yogurt.
4. Season with 1/2 teaspoon of the bagel seasoning and salt to taste.

LETTUCE CUPS WITH AVOCADO, TANGERINE & SALMON

PREP TIME: 20 minutes | **TOTAL TIME:** 20 minutes | **SERVINGS:** 4

INGREDIENTS:

1 ripe, fresh avocado, halved, pitted and diced	1/3 lb. salmon fillet, cooked, flaked into pieces
1 Tbsp. fresh lemon juice	1/3 cup red bell pepper, finely chopped
6 tangerines, peeled, separated into segments, cut in half	1/3 cup jicama, shredded
3 green onions, thinly sliced	12 butter lettuce leaves, trimmed

Ginger Sauce

1/2 cup seasoned rice vinegar	4 tsp. ginger root, grated
6 Tbsp. low-sodium soy sauce	2 tsp. sesame oil
1/4 cup fresh cilantro leaves, chopped	1 tsp. red pepper flakes

INSTRUCTIONS:

1. In a small bowl, toss avocado with lemon juice. Add tangerines, green onions, salmon, bell pepper and jicama. Stir until combined.
2. Serve lettuce leaves, filling and ginger sauce in separate bowls. Allow each person to fill lettuce leaves and spoon on sauce.

Ginger Sauce Instructions

1. Combine all ingredients.

POACHED HALIBUT WITH ROASTED POTATOES AND AVOCADO CREAM

PREP TIME: 20 minutes | **TOTAL TIME:** 20 minutes | **SERVINGS:** 4

INGREDIENTS:

7 oz. filets of halibut (4 each)	2 cup blanched green beans
1 cup vegetable stock	1 cup cherry tomatoes
2 cup roasted fingerling potatoes	1 garlic clove, minced
	1 cup avocado puree

Avocado Puree:

1 ripe, fresh avocado, halved, pitted and peeled	1 lime, juiced
	Salt and pepper

INSTRUCTIONS:

1. Season the halibut with salt and pepper. Poach in vegetable stock for 10-12 minutes.
2. Sauté roasted fingerling potatoes, green beans and cherry tomatoes.
3. When halibut is cooked, remove from poaching liquid and cover with warm avocado puree.
4. Place vegetable mixture onto plate, add avocado covered halibut and serve.