

# avocados LOVE ONE TODAY<sup>®</sup>

nutrient-dense • heart-healthy



## Fresh Facts About Good Fats

**01** There are two kinds of fats: good (unsaturated) and bad (saturated).

The key to healthful eating is swapping good fats for bad fats.

### GOOD FATS



AVOCADOS



NUTS



OLIVE OIL



ALMONDS



SALMON

**02** Healthy eating patterns associated with improved type 2 diabetes, certain types of cancer (breast and colorectal), bone health and body weight outcomes include plenty of fruits and vegetables and good unsaturated fats.

**03** The unsaturated fat in avocados can act as an immune system nutrient booster by helping increase the absorption of fat-soluble vitamins A, D, and E.

Avocados naturally contain 6 grams of this good fat per serving, making them a unique fruit.



**04** The good fats in avocados are known to be important for normal growth and development of the central nervous system and brain in babies.

**05** Avocados are effectively the only fruit that contains monounsaturated fat, which can help reduce LDL (bad) cholesterol levels in your blood, which can lower your risk of heart disease and stroke.

**06** Confusion about dietary fats may result in a missed opportunities for healthful eating. This is especially alarming when considering heart disease is the leading cause of death in the U.S. and eating better is one important way to help prevent it.

**07** Avocados are essentially the only fruit with good fats. The Dietary Guidelines for Americans recommends replacing bad fats with good fats as good fats offer benefits in the body without raising LDL (bad) cholesterol levels.

**08** Only 40% of consumers view unsaturated fats as healthy, and they're often confused when it comes to the types of dietary fat and the foods that contain them.\* **You are now part of the elite group that has their fats straight!**

\*IFIC 2017 Food and Health Survey



# — KNOW THE DIFFERENCE — Natural Sugars vs. Added Sugars

Your body uses the food you eat for energy. When you eat foods that provide carbohydrates, your body breaks them down into sugars, such as glucose. **While sugar is often seen as something to avoid completely, your body needs glucose to power virtually every biological process in your body** - from blinking and walking to breathing and even sleeping.

**However, there are some differences in the types of sugar found in food.**

## Natural Sugars

- Found in nutrient-dense foods such as fruits, vegetables, grains, beans, legumes, low-fat dairy.
- These foods are packaged with beneficial nutrients like vitamins and minerals.
- These foods also have fiber, protein, and/or fat that helps slow the absorption of sugar.
- Natural sugars don't spike blood sugar the same added sugars do, due to being digested more slowly.



## Added Sugars

- Added sugars are sweeteners that are added to foods for flavor during cooking, baking or processing.
- Common sources of added sugar found in foods include agave, coconut sugar, honey, malt, maple syrup, molasses, raw sugar, fructose and other ingredients that end in “-ose”.
- Some added sugars have small quantities of vitamins, minerals and antioxidants.
- The number of calories from added sugar you would need to consume to get a significant amount of those nutrients negates any health benefit.
- Most foods with added sugars are low in fiber, protein, and fat.
- The 2020-2025 Dietary Guidelines for Americans recommends keeping added sugar to less than 10% of your daily calories (for someone who eats 2,000 calories per day, that is about 50 grams of added sugar (or about 4 tablespoons), per day.
- Too much added sugar may cause tooth decay and weight gain and put you at higher risk for heart disease, diabetes and cognitive problems.



## Understanding the Sugar in Your Food

Reading Nutrition Fact labels helps you make informed choices about your food. Total Sugars include both naturally occurring sugars and added sugars, while Added Sugars identify only the amount of sugar added. Labels will list the number of grams and the percent Daily Value (%DV) for added sugars. The Daily Values are reference amounts of nutrients to consume or not to exceed each day.

### TO HELP GUIDE YOUR CHOICES:

- **5% DV** or less is considered LOW in added sugar
- **20% DV** or more is considered HIGH in added sugar

Nutrition Facts	
8 servings per container	
Serving size 8 fl oz (240mL)	
Amount per serving	
<b>Calories</b>	<b>110</b>
<b>Total Fat</b> 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol</b> 0mg	
<b>Sodium</b> 5mg	0%
<b>Total Carbohydrate</b> 27g	0%
Dietary Fiber 0g	10%
Total Sugars 25g	0%
Includes 23g Added Sugars	<b>46%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	
Calcium 0mg	0%
Iron 0mg	

# WAYS TO REDUCE ADDED SUGARS

Be mindful of portion sizes and aim to only occasionally enjoy foods that are high in added sugar like regular sodas, candy, sugary cereals, cookies and other baked goods.

*Added sugars can sneak into flavored yogurt and condiments like ketchup and salad dressings, so check the Nutrition Facts label! Fruit contains natural sugars, which can be used in place of added sugars to sweeten recipes, and provides additional fiber. Try these recipes with no added sugar:*



**Avocado Pancake Roll Ups**



**Soft and Chewy Avocado, Apple, Banana, and Oatmeal Cookie**



**Avocado Dark Chocolate Mousse**



**Chocolate Avocado Banana Pops**



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*Unlike most other fruits, **avocado contains zero gram of naturally occurring sugar per serving and does not affect the glycemic response.***  
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# EASY, HEART-HEALTHY RECIPES FOR EVERY TIME OF DAY



It's never too early or too late to invest in your heart health with good nutrition. Be mindful of your food choices to start matching what you eat to your healthy living goals. Meal planning with nutrient-dense avocados can help with shopping and keeping the menu interesting. Set yourself up for success with these easy-to-make, tasty recipes that promote heart health and inspire new levels of creativity in the kitchen.

## BREAKFAST

## LUNCH

## SNACK

## DINNER

DAY 1



[Go to recipe](#)

### Heart-Healthy Berry Avocado Baked Oats

Sodium 70mg Polyunsaturated Fat 0g  
Monounsaturated Fat 0g



[Go to recipe](#)

### Heart-Healthy Slow Cooker Avocado Lime Chicken Soup

Sodium 280mg Polyunsaturated Fat 0g  
Monounsaturated Fat 2g



[Go to recipe](#)

### Heart-Healthy Fiesta Chile and Avocado Mini Frittatas

Sodium 95mg Polyunsaturated Fat 1g  
Monounsaturated Fat 3.5g



[Go to recipe](#)

### Heart-Healthy Cumin Lime Shrimp over Creamy Cauliflower Risotto

Sodium 180mg Polyunsaturated Fat 0g  
Monounsaturated Fat 0g

DAY 2



[Go to recipe](#)

### Heart-Healthy Avocado and Banana Overnight Oats

Sodium 25mg Polyunsaturated Fat 2.5g  
Monounsaturated Fat 9g



[Go to recipe](#)

### Heart-Healthy Avocado Poke Bowl

Sodium 270mg Polyunsaturated Fat 1.5g  
Monounsaturated Fat 4g



[Go to recipe](#)

### Heart-Healthy Chocolate Avocado Energy Bars

Sodium 0mg Polyunsaturated Fat 3g  
Monounsaturated Fat 4g



[Go to recipe](#)

### Heart-Healthy Fettuccini AvoFredo

Sodium 190mg Polyunsaturated Fat 2g  
Monounsaturated Fat 6g

DAY 3



[Go to recipe](#)

### Heart-Healthy Breakfast Toast with Cottage Cheese and Avocado

Sodium 470mg Polyunsaturated Fat 2g  
Monounsaturated Fat 4.5g



[Go to recipe](#)

### Heart-Healthy Avocado, Shrimp, Spinach and Mango Salad

Sodium 160mg Polyunsaturated Fat 1g  
Monounsaturated Fat 5g



[Go to recipe](#)

### Heart-Healthy Avocado Banana "Ice Cream"

Sodium 5mg Polyunsaturated Fat 1.5g  
Monounsaturated Fat 7g



[Go to recipe](#)

### Heart-Healthy Oven-Roasted Salmon With Avocado Citrus Salsa

Sodium 330mg Polyunsaturated Fat 2.5g  
Monounsaturated Fat 5g

Food impacts everyone differently. These guidelines provide a foundation that should be customized to your needs and preferences. Work with a registered dietitian to use these ideas to develop a plan that's right for you. More avocado recipes developed by experts and tested for deliciousness and nutritional value at [LoveOneToday.com/recipes](https://www.LoveOneToday.com/recipes).

# HEART HEALTH IS INVALUABLE

Follow the advice of the American Heart Association by prioritizing nutrient-dense foods and taking to heart the recommendation to focus on unsaturated fats and foods with limited added sugars and sodium.

**Heart healthy avocados fit right in. Go ahead and add more avocado goodness to your life.**

According to the Dietary Guidelines for Americans, 85% of what you eat should be nutrient-dense.



One-third of a medium avocado has 80 calories and contributes nearly 20 vitamins and minerals, making it a nutrient-dense choice.

Unsaturated fats help the body absorb key nutrients without raising LDL (bad) cholesterol levels.



Fresh avocados naturally contain 6 grams of unsaturated fat per serving.

To support heart health, swap some saturated fat for unsaturated fat in the diet.



Creamy and delicious, avocados can easily substitute for spreads higher in saturated fat without losing the smooth texture you enjoy.

Prioritizing heart-healthy foods helps take the guess work out of meal prep.



Avocados are cholesterol, sugar, and sodium free.

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heart-healthy • naturally good fats