



— QUALITY IS KEY —

Healthy Eating for a Healthy You

Focus on a healthy eating pattern at every stage of life – from infancy through old age.

Healthy eating patterns (everything you eat and drink):

- ✓ Provide the nutrients your body needs
- ✓ Help you achieve a healthy weight
- ✓ Decrease your risk of diet-related diseases

A healthy eating pattern consists of nutrient-dense foods and beverages from all the food groups (vegetables, fruits, grains, dairy, and protein foods) in recommended amounts and within your calorie needs.

What does nutrient-dense mean?

Nutrient-dense foods and beverages provide vitamins, minerals, and other health-promoting components and have little or no added sugars, saturated fat, and sodium.

HEALTHY PATTERN KNOW-HOW

- Select different types of **vegetables** – dark green, red/orange, beans/peas/lentils, and others like avocado – throughout each week.
- Pick whole **fruits** more often.
- Aim to make at least half your **grains** whole.
- Choose fat-free or low-fat **dairy** or dairy alternatives.
- Include a variety of **protein foods**, like lean meats, poultry, eggs, seafood, beans, peas, lentils, nuts, seeds, and soy products.

Oils are an essential part of a healthy pattern.

- Include vegetable oils and oils in foods (like avocado, seafood, and nuts) when preparing dishes and cooking meals.

CONSIDER DIET QUALITY

Diet quality is a way to rate your eating pattern. The nutrients in foods and beverages impact diet quality.

Vitamins, minerals, healthy (unsaturated) fats, and fiber ↑ diet quality.

Unhealthy (saturated and trans) fats, sodium, and added sugars ↓ diet quality.

Avocados are sodium, sugar, and cholesterol-free, and provide nearly 20 nutrients, including vitamins, minerals, dietary fiber, and other plant compounds.



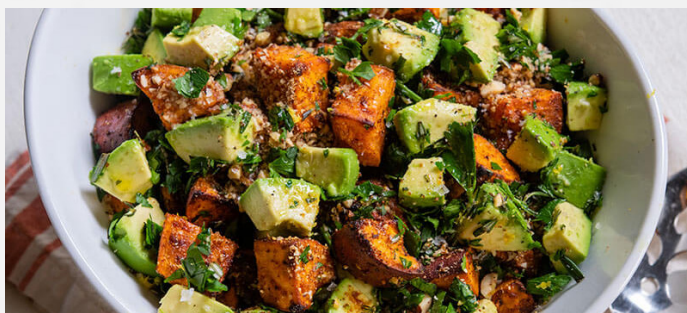
SCIENCE SHOWS AVOCADO MAY IMPROVE DIET QUALITY

In a clinical trial among adults with obesity, diet quality improved when eating approximately one avocado a day compared to eating less than two avocados a month over six months. Participants who consumed a large avocado daily for six months did not gain weight despite a higher calorie intake compared to the control group. Avocado consumers ate more vegetables and healthy fats and less unhealthy fats, sodium, refined grains, and added sugars. Those in the avocado group also had increased potassium and fiber intake and decreased consumption of animal protein. The diet data was self-reported.

Although more research is needed to generalize these results to a healthy population, these are encouraging findings, which show avocados can be part of a healthy eating pattern. The Avocado Nutrition Center supported this study.

NUTRITIOUS & DELICIOUS RECIPES

Fresh avocado is a tasty ingredient for meals and snacks alike. Make them a part of your healthy eating plan with these quick and easy recipes:



Roasted Sweet Potatoes with Avocado, Almonds and Herbs

Creamy, crunchy, and fresh all-in-one dish

Cheesy Avocado Flatbread with Mushrooms

A meal or snack ready in less than 20 minutes



Grilled Avocados with Spicy Chicken Salad

A smokey, spicy, and colorful salad served in avocado halves