



FUN WAY TO INVEST IN HEALTH:

Family Game Night Starring **Fresh Avocados**



Knowledge is empowering! A study* among Hispanic families looked at how regularly eating fresh avocados and learning about nutrition may support healthy eating patterns and well-being. With help from fresh avocados, you can up-level menus and start new healthy traditions that can be passed down for generations. **Have fun using this trivia to boost everyone's knowledge about avocado goodness.**



Suggested Rules of Play:

- Print page 2. Cut out the cards on page 2 and set aside.
- Print a copy of page 3 for every player.
- Start by showing the cards to all players and reading aloud the fun facts about avocados. Use this online version to click on the additional links in some of the cards for more info if needed.
- Once everyone feels ready, call out the fun facts using the cards and award one point to players who remember the connection to health. Players can track their wins by placing a coin or bean on their board. Player(s) with the most points win. Reshuffle the deck and play again!

LOTERIA

TABLA 1

1



EL TAZÓN DE FRUTAS

Avocados stand out in the fruit bowl because unlike most other fruits, they contain zero grams of naturally occurring sugar per serving and likely do not significantly raise blood glucose.

2



LA FUENTE DE NUTRIENTES

Good health is invaluable. As a nutrient-dense food, avocados provide substantial amounts of vitamins, minerals, and other nutrients with relatively few calories, offering more nutrition bang for the calorie buck.

3



EL CARRITO DE COMPRAS

Healthy eating begins at the grocery store. Stock up on avocados during your next trip knowing ripeness is based on COLOR + FEEL! Find tips [here](#)


4



LA GRASA BUENA

The body needs some dietary fat to help with the absorption of nutrients. Good fats do not raise LDL (bad) cholesterol levels. One-third of a medium avocado contains 6 grams of naturally good fat.

5



LA LICUADORA

A blended smoothie is an easy way to boost fruits and veggies at breakfast or snack time. [Click](#) for a satisfying snack idea.

6



EL ESCUDO

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 good fat per serving, making them a unique fruit.

7



EL ESTOMAGO SATISFECHO

Fiber-containing foods like avocados, help provide a feeling of fullness with fewer calories. Fill up on avocados!

8



EL CONGELADOR

Freeze ripe avocados to use later for smoothies or baking. Tips [here](#) so nothing is wasted.

9



EL MONITOR DE PRESIÓN ARTERIAL

A diet rich in potassium helps to offset some of sodium's harmful effects on blood pressure. Avocados contain 250 milligrams of potassium (6% DV) per one-third of a medium avocado.

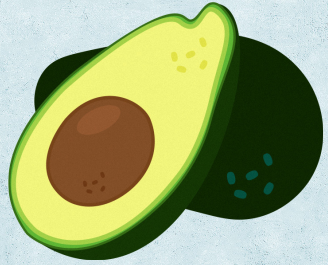
* The Avocado Nutrition Center funded the study. Though the findings cannot be generalized due to study limitations, including drawbacks of all validated food frequency questionnaires, this research supports the inclusion of fresh avocados in nutrition education to support weight management while reducing the overconsumption of saturated fat and sodium for Hispanic families. Pacheco, L et al. "Effects of Avocado Intake on the Nutritional Status of Families: A Cluster Randomized Controlled Trial." *Nutrients*. 2021

1



EL TAZÓN DE FRUTAS

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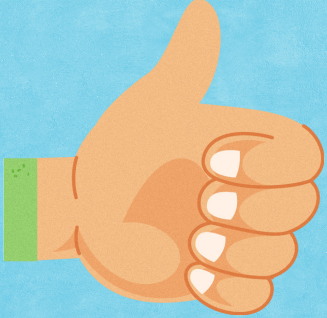
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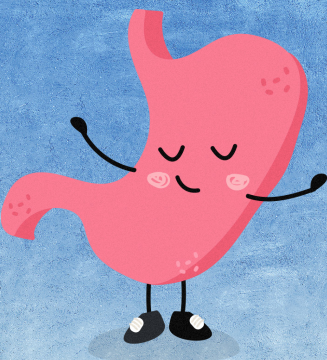
LA LICUADORA

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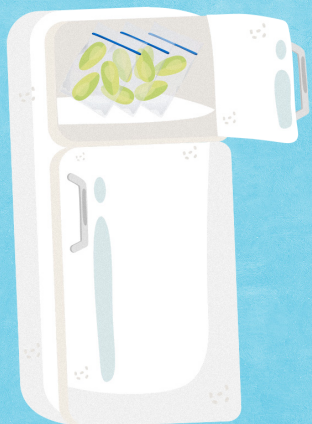
EL ESCUDO

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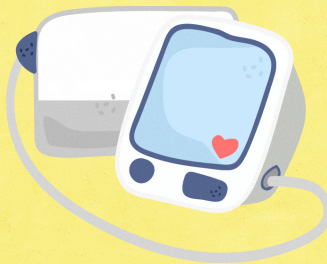
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