

Fresh Avocados Offer Solutions for **HISPANIC MILENNIAL CAREGIVERS**



Majority of U.S. Hispanic Millennials serve as caregivers to their aging family members and want better sources of information on how to provide heart healthy diets.



While caregiving is a source of great cultural pride, nearly

45%

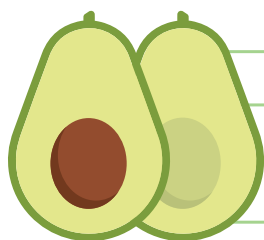
admitted feeling stressed and even overwhelmed by the responsibility



Hispanics continue to face higher risks for heart disease than non-Hispanics because of high rates of...

- High blood pressure
- Diabetes
- Obesity

Majority agree to turn more to
FRESH AVOCADOS
for the Heart Health Benefits



- ✓ Good source of fiber
- ✓ Cholesterol-free
- ✓ Naturally good fats
- ✓ Sodium-free

STILL OVER
75%
OF HISPANIC
MILLENNIALS



INCORRECTLY AGREED

that it is best to avoid all fats in food as much as possible while the USDA recommends cutting back on all bad fats in favor of good fats like those naturally in avocados that **WILL NOT RAISE CHOLESTEROL LEVELS.**



Ready to start adding more avocados to the menu?

Click [here](#) for delicious heart healthy recipes with fresh avocados.

To learn more about the survey, visit the Love One Today [press room](#).

aguacates
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heart-healthy • naturally good fats