

GETTING TO KNOW

AVOCADOS

Avocados are nutrient-rich fruits originating from Mexico, with over 500 varieties worldwide. Renowned for their creamy texture and healthy fats, they're packed with nutrients like potassium, folate, vitamins K, E, and C, and fiber. Surprisingly enough, the avocado is a single-seed berry! Despite being fruits, they're often used in savory dishes like guacamole and avocado toast.



HEALTH BOOSTER

Avocados are full of various nutrients that contribute to health benefits, including improved heart health, digestion, and skin health. The monounsaturated fats in avocados are associated with lowering cholesterol levels and reducing the risk of heart disease. Additionally, their high potassium content supports healthy blood pressure levels and nerve function. Avocados contain antioxidants like lutein and zeaxanthin, which promote eye health and reduce the risk of age-related degeneration. Furthermore, their fiber content aids in digestion, promotes satiety, and helps regulate sugar levels.

MULTI-PURPOSE FRUIT

With their smooth and buttery flavor and texture, they lend themselves easily to versatility. Avocados can be enjoyed in numerous ways, from spreads like guacamole to toppings for salads, sandwiches, or even smoothies. You might be surprised that you can also use them in baked goods, like Avocado Brownies! Overall, avocados are not only delicious but also offer a host of health benefits, making them a valuable addition to any diet.

