

DID YOU KNOW?

Avocados are a fruit, not a vegetable, belonging to the genus *Persea* in the Lauraceae family

Avocados are sodium-free and have less than five grams of fat per serving, most of it the monounsaturated kind

The avocado is also called an Alligator Pear because of its pear-like shape and green skin

How do you know if an avocado is ripe? Give it a squeeze. Ripe, ready-to-eat avocados will be firm, but yield to gentle pressure.

Avocados are nutrient dense with a wide variety of vitamins, minerals and beneficial nutrients in just 50 calories per serving.

Avocados make great additions to salads, sandwiches and even hot items at the grill.

There are thousands of varieties of avocados. The most common ones available are Hass, Lamb Hass, Fuerte, Bacon, Pinkerton, Gwen, Reed and Zutano.

Avocados are part of some of the healthiest eating plans including DASH and the Mediterranean Diet.

