

HEALTH BENEFITS OF

Avocados

Avocados contain nearly 20 essential nutrients, including fiber, potassium, vitamin E, vitamin C and multiple forms of vitamin B. Eating avocados is great for your heart health and vision, and lowers your risk of cancer and depression.

..... Eight Reasons TO EAT AVOCADOS

- 1 Helps lower bad cholesterol
- 2 Combats high blood pressure, a major risk factor for heart attacks and strokes
- 3 Protects the health of your retina, and helps prevent macular degeneration and cataracts
- 4 Promotes development of the brain and spinal cord in babies in the womb
- 5 Improves digestion and absorption of nutrients
- 6 Reduces inflammation
- 7 Fights depression
- 8 Helps protect against skin damage while promoting elasticity

GET THE MOST OUT OF YOUR FRESH PRODUCE WITH THESE AVOCA-DO'S AND AVOCA-DON'TS:

- Don't refrigerate avocados unless they are soft.
- To cut, pierce with your knife and rotate the knife completely around the avocado. Twist gently to pull apart.
- Once it's been cut, wrap the avocado tightly to preserve.
- Sprinkle avocado with lemon or lime juice to prevent browning.