

# AVOCADO TOAST: MAKE IT YOUR WAY



**TROPICAL**  
mango  
+ coconut  
flakes

**SPICY  
EGGS**  
fried egg  
+ sriracha  
sauce

**BERRY  
BERRY**  
strawberries  
+ blueberries

**BACON  
LOVER**  
bacon  
+ honey

**SURF'S UP**  
smoked  
salmon  
+ tomato

Avocado toast takes less than 5 minutes to make and with some easy preparation to stack your favorite toppings, you can continue to add good nutrition to your morning routine.

**Avocados** From  **Mexico** <sup>TM</sup>

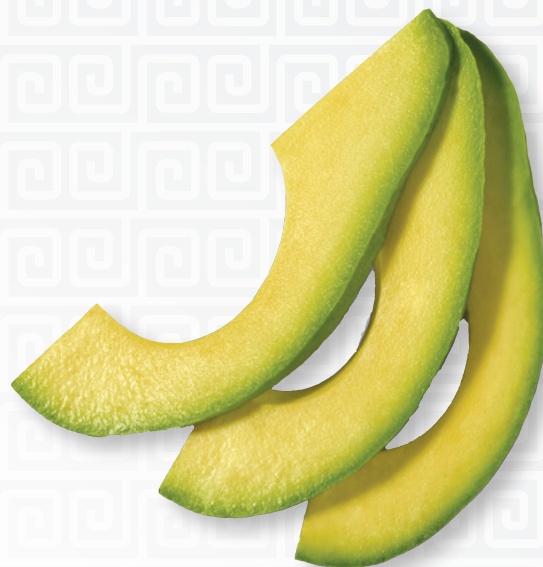
◆◆◆ ALWAYS IN SEASON ◆◆◆

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# AVOCADO NUTRITION DID YOU KNOW?

**AVOCADOS HAVE A NEW SERVING SIZE THAT IS EQUIVALENT TO ONE-THIRD OF A MEDIUM AVOCADO (50 GRAMS). AVOCADOS PROVIDE THE FOLLOWING NUTRIENTS PER SERVING:**

- One-third of a medium avocado (50g) has 80 calories and contributes nearly 20 vitamins, minerals, making it a nutrient-dense choice
- Avocados are a good source of fiber and folate per 50g serving (one-third of a medium avocado)
- Avocados are sugar-free
- Avocados contribute the good fats to the diet



The Dietary Guidelines for Americans and the American Heart Association recommend eating a variety of nutritious foods from all food groups. Eating a variety of fruits and vegetables may help one control their weight, cholesterol and blood pressure. Avocados are a nutrient-dense food that can help boost fruit intake.



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