



Avocado Nutrition Brief

Adding Avocados to Your Plate

Fall 2011



Welcome to our fall issue of *Avocado Nutrition Brief*, the Hass Avocado Board's (HAB) e-Newsletter that provides updates, resources and information about Hass Avocado nutrition.

Earlier this year, the U.S. Department of Agriculture released the *2010 Dietary Guidelines for Americans*, which provides nutritional guidance to promote health, reduce the risk of chronic diseases, and reduce the prevalence of overweight and obesity through improved nutrition and physical activity for all Americans. In order to help consumers put the principles of the *Dietary Guidelines* into practice, the USDA launched a consumer communications initiative in June, which included *MyPlate*, the new symbol designed to remind Americans to make better food choices and eat healthfully.

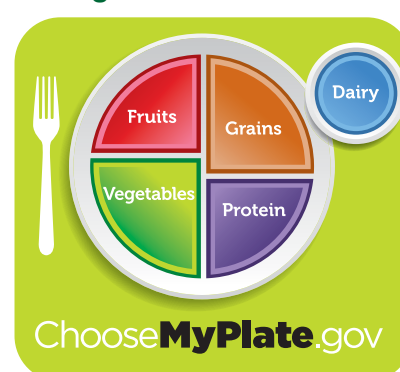
MyPlate replaces the food pyramid, which represented the previous editions of the *Dietary Guidelines*. The design of *MyPlate* is fashioned after a dinner plate, divided into four colorful sections to represent the choice of five nutrient-dense food groups—fruits, vegetables, protein, grains—along with a “glass” for dairy foods.

In this issue you'll find out how avocados fit in your plate and the nutritional benefits you can gain when following USDA's *MyPlate* guidelines.

Sincerely,
Jose Luis Obregon
Executive Director, HAB

Make Half Your Plate Fruits and Vegetables!

Unfortunately, the diets of the majority of Americans fail to meet recommendations set forth in the *Dietary Guidelines* for diet quality and variety—with most eating too many calories and too little nutrient-dense foods and beverages. In fact, very few Americans consume the recommended amounts of fruits and vegetables each day as part of a healthy diet. Fruits and vegetables contain a variety of essential nutrients that are vital for health, and their consumption is also associated with reduced risk of many chronic diseases. Due to the fact that fruits and veggies are relatively low in calories when prepared without added fats or sugars, they can also help you achieve and maintain a healthy weight when eaten instead of higher calorie foods. Fruits and vegetables are also naturally low in sodium. So whether fresh, frozen, canned, or dried/dehydrated, any fruit or vegetable counts toward your daily goal, and may be eaten whole, cut up or pureed.



The new website, www.choosemyplate.gov, features tips and tools to help Americans choose nutrient-dense foods when building healthier diets. One of the primary messages to encourage consumers to adopt healthy eating behaviors is to “fill half your plate with fruits and vegetables.”

Adding Avocados to Your Plate

Avocados are an extremely versatile fruit! Whether eaten alone, added to meals or included as an ingredient in a variety of recipes, avocados are a great way to add flavor, produce and nutrients to your plate. Try avocados in the following ways:

- Add a serving to a salad, soup or sandwich
- Serve guacamole as a dip for whole grain chips, crackers or vegetables
- Include avocados with breakfast by adding to an omelet, blending into a smoothie or spreading on whole grain toast
- Avocados can be used as a fat replacement when baking

How Avocados Fit Into MyPlate

Botanically classified as a species of *Persea Americana*, avocados are a nutrient-dense fruit containing nearly 20 vitamins, minerals and phytonutrients, along with dietary fiber. Low in saturated fat and naturally trans fat, cholesterol and sodium free, avocados provide a source of good fats, with over 75% of the fat as monounsaturated (MUFA) and polyunsaturated (PUFA) fats. These beneficial unsaturated fats are associated with improved blood cholesterol levels, and eating avocados in place of foods containing saturated fats is a simple and tasty way to help limit the amount of saturated fat in your diet.

Included in the Produce for Better Health Foundation's Fruits & Veggies—More Matters® health initiative's [Fruit Nutrition Database](#), one serving, or one-fifth of an avocado, provides 50 calories, three grams of MUFA and 0.5 grams of PUFA. Based on the ways in which avocados are typically eaten and how their taste is described, avocados are included as a member of the Vegetable Group in *MyPlate*, listed in the “other vegetable” subgroup based on its nutrient content. Regardless of the category, avocados are a nutrient-dense, delicious way to help consumers “make half their plate fruits and vegetables.”

Try this great recipe from www.AvocadoCentral.com as a part of your plate:

Meal in a Hass Avocado Half Recipe

Serves: 4

INGREDIENTS

- 2/3 cup black beans, rinsed and drained
- 1/2 cup corn, drained
- 1/2 cup packaged shredded carrots, lightly packed
- 1/4 cup chopped fresh cilantro leaves
- 1/2 cup prepared chunky salsa
- 2 green onions, thinly sliced
- 10 drops red pepper sauce
- 2 ripe Fresh Hass Avocados, cut in half and seeded
- 4 small bunches of radish or alfalfa sprouts

INSTRUCTIONS

1. In a bowl, combine beans, corn, carrots, cilantro, salsa, green onion and red pepper sauce.
2. Fill each avocado shell with 1/4 of bean mixture.
3. Garnish with sprouts and serve.



Nutrition Facts:

Per serving: 187 calories; 11 g total fat (1.3 sat, 7.2 mono, 1.3 poly); 0 mg cholesterol; 565 mg sodium; 20.7 g carbohydrate; 6.3 g fiber; 5.6 g protein

Food Group Amounts: About 1 cup of fruit and 1/2 cup of vegetables per serving (1/4 of recipe)

Serving Suggestions: Enjoy with whole grain rice or pasta; add more beans for a vegetarian protein option or serve with lean chicken or fish. To add a serving of dairy, pair with a glass of low-fat or fat-free milk or top each serving with 1/3 cup of low-fat shredded cheese.

Tip: Cut a thin lengthwise slice off of the bottom of each avocado half to make the avocados stable on the plates.

*Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity accordingly.

For more delicious recipes that will help add more fruit to your plate, visit the Hass Avocado Board website at AvocadoCentral.com or at Facebook.com/HassAvocados

Resources:

U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7th Edition, Washington, D.C: U.S. Government Printing Office, December 2010. <http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf>. Accessed August 18, 2011.

United States Department of Agriculture. Choose MyPlate, 2011. <http://www.choosemyplate.gov/>. Accessed August 23, 2011.

Hass Avocado Nutrition, 2011. <http://www.avocadocentral.com/nutrition>. Accessed August 25, 2011

Want to learn more about Hass avocados?

- Visit our website at AvocadoCentral.com for delicious recipes and more.
- Gather nutrition research information from the Avocado Nutrition Center at AvocadoCentral.com/avocado-nutrition-center.
- Follow us on Facebook at Facebook.com/HassAvocados.
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