

# A NUTRITIONAL POWERHOUSE

While they may be relatively high in calories and fat, avocados are a good caloric investment because they are nutrient dense and the fat they contain is the ‘good’ kind—monounsaturated, which is readily used by the body as energy.

<b>Nutrition Facts</b>	
3 servings per container	
<b>Serving size</b>	<b>1/3 medium (50g)</b>
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<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
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	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
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Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	2%
Potassium 250mg	6%
Vitamin A 0mcg	0%
Vitamin C 4mg	4%
Vitamin E 1mg	6%
Vitamin K 11mcg	10%
Thiamin 0.04mg	4%
Riboflavin 0.1mg	8%
Niacin 1mg	6%
Vitamin B <sub>6</sub> 0.1mg	6%
Folate 45mcg DFE (0mcg folic acid)	10%
Pantothenic Acid 0.7mg	15%
Phosphorus 30mg	2%
Magnesium 15mg	4%
Zinc 0.3mg	2%
Copper 0.1mg	10%
Manganese 0.1mg	4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

✓ Heart Healthy approved by USDA

✓ Superfood approved by USDA

## FOODIE FACTS



3 servings  
in 1 medium  
avocado



Zero sugar,  
sodium, or  
cholesterol

8g

Good source  
of fiber, 8g



Vegan



Gluten  
Free



## DID YOU KNOW?

96% of health professionals surveyed recommend avocados when recommending increased intake of fruits and vegetables.