

## A NUTRITIONAL POWERHOUSE

Avocados are a superfood with 20 essential vitamins and nutrients, such as healthy fats, fiber, potassium, and vitamins B, C, and K, and more. With more avocado options on menus, you can appeal to health-conscious eaters, including those who are gluten-free, vegan, or vegetarian.

| Avocado Nutrition Facts   |                  |
|---|------------------|
| 3 servings per container  |                  |
| Serving size  | 1/3 medium (50g) |
| Amount per serving  |                  |
| Calories  | 80               |
| % Daily Value*  |                  |
| Total Fat 8g  | 10%              |
| Saturated Fat 1g  | 5%               |
| Trans Fat 0g  |                  |
| Polyunsaturated Fat 1g  |                  |
| Monounsaturated Fat 5g  |                  |
| Cholesterol 0mg   | 0%               |
| Sodium 0mg  | 0%               |
| Total Carbohydrate 4g   | 1%               |
| Dietary Fiber 3g  | 11%              |
| Total Sugars 0g   |                  |
| Includes 0g Added Sugars  | 0%               |
| Protein 1g  |                  |
| 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. |                  |

### FOODIE FACTS



Heart-healthy



Weight-healthy



3 servings  
in 1 medium  
avocado



Zero sugar  
or cholesterol



Good source  
of fiber



Vegetarian



Gluten  
Free



Vegan

### DID YOU KNOW?

Avocados can be a healthy substitute for several ingredients high in saturated fats, such as butter, margarine, cheese, mayonnaise, and sour cream!

