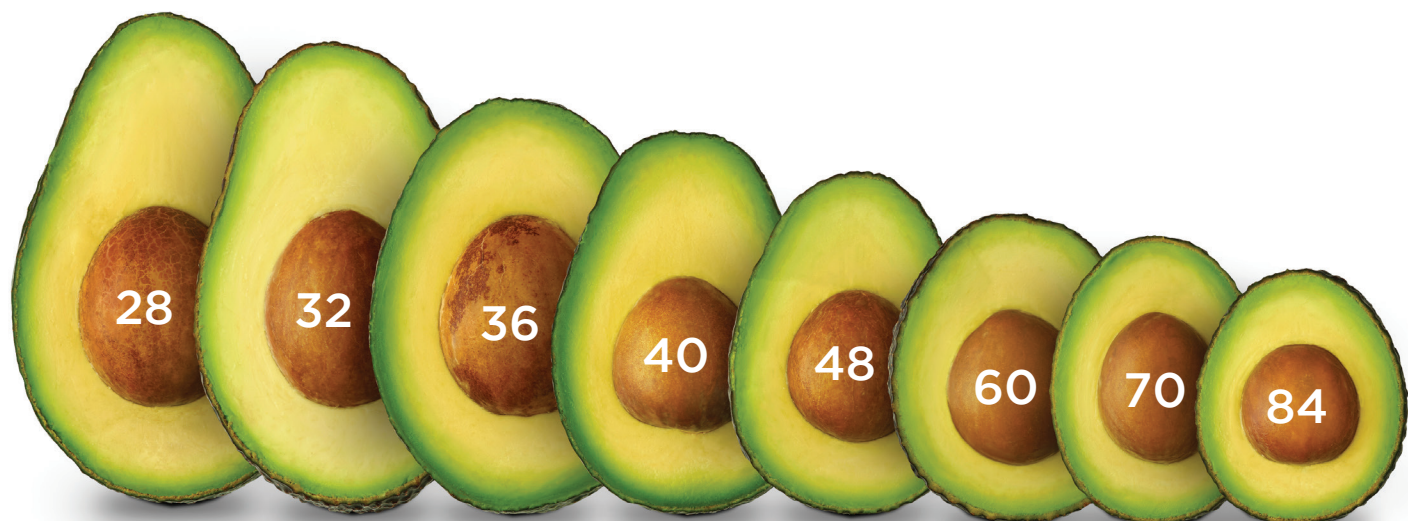


ONE SIZE DOES NOT FIT ALL

Size is determined by the number of avocados that fit in a standard carton, called a “lug” that weighs approximately 25 pounds when full. For example, a size 40 avocado refers to the fact that 40 avocados fit into that standard size lug. Therefore, the larger the size number, the smaller the avocado. Conversely, the smaller the number, the larger the avocado.



DID YOU KNOW?

Every 25lb lug yields roughly the same volume of pulp. So, you can make the same amount of guacamole with a box of 70s as a box of 48s!


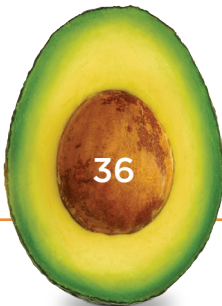
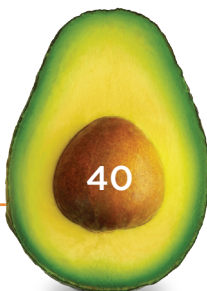

FIND THE RIGHT SIZE FOR THE JOB

Exact weight and yields may slightly vary. Values shown are approximate. The yield, or edible volume of the fruit, generally accounts for approximately 70% of the fruit’s total weight.*

	JUMBO			LARGE		SMALL		
								
COUNT	28	32	36	40	48	60	70	84
WEIGHT (OZ)	13.9	11.9	10.7	10.0	7.7	5.9	5.0	3.7
YIELD (OZ)	9.6	8.0	7.4	7.0	5.4	3.9	3.6	2.6
CUPS	1-1/5	1	15/16	7/8	2/3	1/2	7/16	1/3

*Mission Produce Intelligence. Amounts are approximate.

SIZE INTERCHANGEABILITY*

					
YIELD	Cup Oz	1 cup 8 oz	15/16 cup 7.4 oz	7/8 cup 7 oz	2/3 cup 5.4 oz
SLICED	Cup Slices (1 cm wide)	1 3/4 cups 18 slices	1 1/2 cups 16 slices	1 1/4 cups 14 slices	1 cup 13 slices
DICED	Cup Dices (2x1x1 cm)	1 1/2 cups 108 dices	1 1/3 cup 100 dices	1 cup + 2 TBSP 92 dices	1 cup 80 dices
MASH	Cup	1 cup	15/16 cup	7/8 cup	2/3 cup
PUREED	Cup	3/4 cup + 3 TBSP	2/3 cup + 1/2 TBSP	2/3 cup	1/2 cup

*Mission Produce Intelligence. Amounts are approximate.

SIZE INTERCHANGEABILITY*

				
YIELD	Cup Oz 1/2 cup 3.9 oz	7/16 cup 3.6 oz	1/3 cup 2.6 oz	1/4 cup 2.25 oz
SLICED <small>(1 cm wide)</small>	Cup Slices 2/3 cup + 5 TBSP 12 slices	3/4 cup + 1 TBSP 10 slices	2/3 cup 8 slices	1/3 cup + 1 TBSP 6 slices
DICED <small>(2x1x1 cm)</small>	Cup Dices 3/4 cup 64 dices	2/3 cup 52 dices	1/2 cup + 1 1/2 TBSP 48 dices	1/3 cup 32 dices
MASH	Cup 1/2 cup	7/16 cup	1/3 cup	1/4 cup
PUREED	Cup 1/2 cup	1/3 cup + 1 1/2 TBSP	1/3 cup + 1/2 TBSP	3 1/2 TBSP

*Mission Produce Intelligence. Amounts are approximate.

SWITCH SIZES WITH EASE*

Avocados come in many sizes throughout the year, growing big or small based on their origin, season, weather, and more. At Mission Produce, we help you take advantage of seasonal size curves by using our measurement resources to help you be flexible with sizing. Whether you order Jumbo, large, or small avocados, any size can yield the pulp you need for the recipe.

We'll show you!



1 Size 36 Avocado



Yields 1-1/3 Cups Diced Avocados for Salad

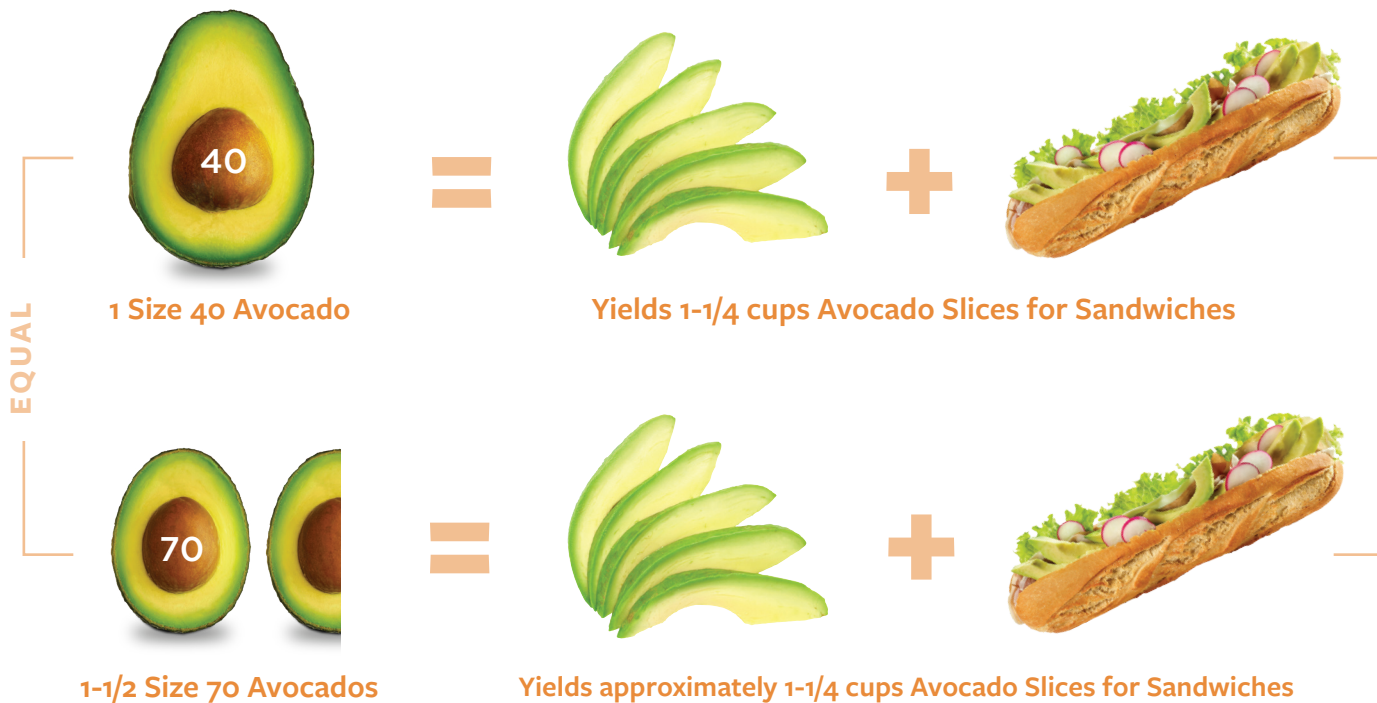
EQUAL



2 Size 70 Avocados



Yields 1-1/3 Cups Diced Avocados for Salad



*Mission Produce Intelligence. Amounts are approximate.