Pick a better snack™

Avocado

Avocado skin ranges in color from yellowish green to dark purplish black depending on the variety. — Most have a yellow to a pale green flesh.
The skin and large seed need to be

Avocados are fruit which grow on trees.

Avocados were first cultivated in South America with later migration to Mexico.
It was believed a Mayan princess ate the first avocado and it held mystical and magical power.
European sailors traveling to the New World used avocados as their form of "butter."

One tree can produce up to 400 avocados a year. California is currently the largest producer of avocados in the United States. Avocados are available year-round in stores.

NUTRITION FACTS

- Cholesterol free
- Sodium free
- High in vitamin B6
- A good source of vitamin C
- High in vitamin E
- A good source of potassium, magnesium, folate and fiber

VARIETIES

There are several varieties of avocados, and each have a unique flavor and texture. The most common varieties found in the United States are: Fuerte, Gwen, Hass, Pinkerton, Reed, and Zutano. Most avocados are pear shaped.

USES

Avocados can be used to make guacamole, added to salads, put on sandwiches, used as butter on your toast, or in place of sour cream.

Avocados are not grown in Iowa.

IDPH Iowa Department of Public Health

Funded in part by USDA's Supplemental Nutrition Assistance Program in cooperation with the Iowa departments of Public Health and Human Services, equal opportunity providers and employers. The Iowa Food Assistance Program can help you buy nutritious food for a healthy diet. To find out more, visit www.yesfood.iowa.gov.

This material was developed by the University of Nebraska - Lincoln Extension in Lancaster County.

Iowa Nutrition Network
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