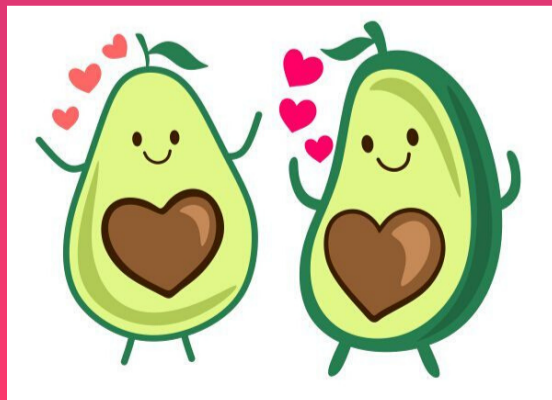


AVOCADOS, WEIGHT MANAGEMENT & TYPE 2 DIABETES

MAKE A HEALTHY CHOICE.
INCORPORATE AVOCADO
INTO YOUR DAILY MEALS OR
SNACKS.

DID YOU KNOW

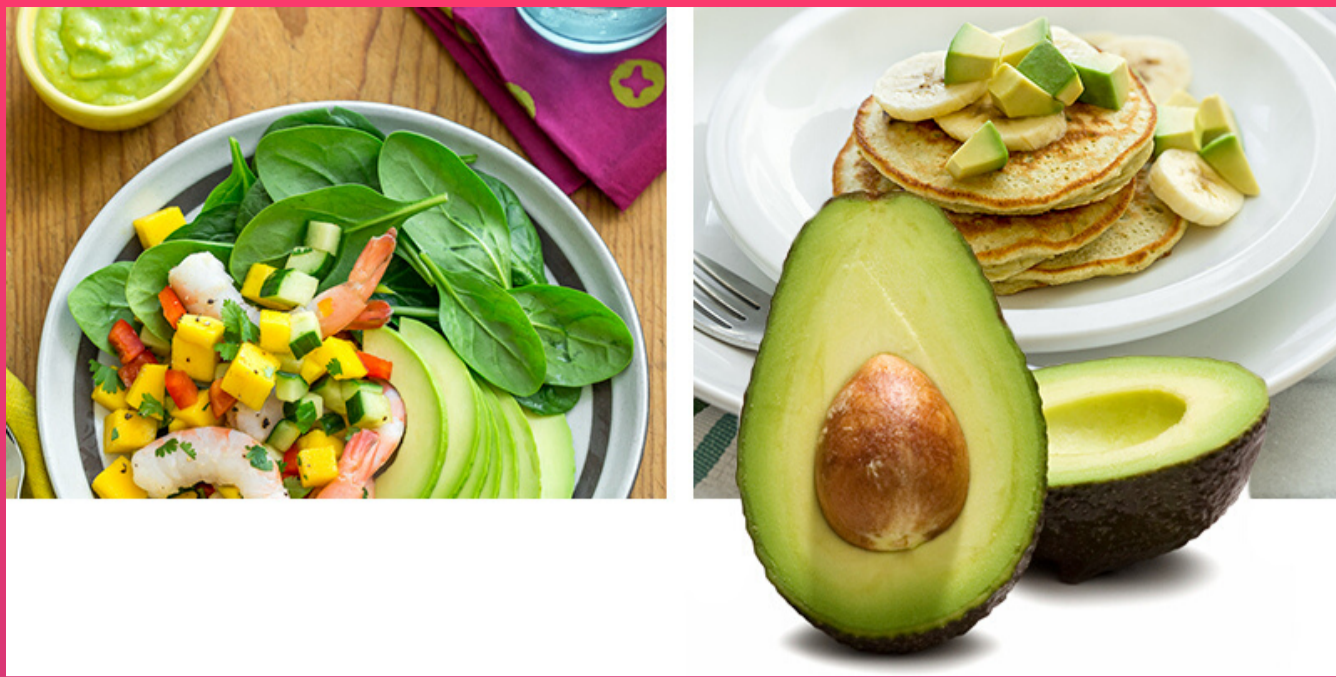
- AVOCADO IS A FRUIT THAT DOES NOT CONTAIN SUGAR.
 - AVOCADOS ARE A GREAT SOURCE OF MONOUNSATURATED FATTY ACIDS (GOOD FATS).
 - A 50G SERVING OF AVOCADO CONTAINS 250MG OF POTASSIUM, WHICH IS NEEDED TO HELP BUILD MUSCLE, BREAKDOWN AND USE CARBS.
 - A 50G SERVING OF AVOCADO PROVIDES A GOOD SOURCE OF FIBER (3G).
 - AVOCADOS CAN FIT INTO A T2D MEAL PLAN.
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A recent study to determine the effects of eating one avocado daily as part of a low calorie diet on body weight and composition found out that

- Both control diet & avocado diet successfully reduced body weight, body fat, BMI, and visceral adipose tissue.
- The avocado diet group self-reported a similar feeling of satiety throughout the study compared to a decrease in satiety reported by participants on the control diet group.
- Weight loss in the avocado diet group was associated with a positive change in the composition of the intestinal microbiota (digestive tract).





BENEFITS OF AVOCADO FOR YOUR WEIGHT MANAGEMENT AND TYPE 2 DIABETES DIET

- AVOCADOS CONTAIN 80 CALORIES PER 50G SERVING.
- AVOCADOS CAN REPLACE OTHER FATS TO BE PART OF A LOW CALORIE DIET.
- AVOCADOS MAKE A GREAT NUTRIENT-BOOSTING BREAKFAST ITEM OR POST-WORKOUT SNACK WHEN COMBINED WITH EGGS. THEY PROVIDE GOOD, UNSATURATED FAT AND ARE A GOOD SOURCE OF FIBER, WHILE THE EGGS PROVIDE HIGH-QUALITY PROTEIN FOR MUSCLE TISSUE TO REPAIR AND GROWTH.
- AVOCADOS ARE SUGAR-FREE, UNLIKE MOST VARIETIES OF FRUIT, MAKING THEM GREAT FOR SALADS AND OTHER DISHES.
- PLUS, OVER 75% OF THE FAT IN AN AVOCADO IS UNSATURATED FAT, MAKING THEM A GREAT SUBSTITUTE FOR FOODS HIGH IN SATURATED FAT.

FRESH AVOCADOS CAN BE USED AS
A SUBSTITUTE OR ADDITION IN
ANY MEAL OR DISH

THE BREAKFAST SWAP



Scrambled Eggs and Sausage

2 scrambled eggs
1 ounce cheddar cheese
1 breakfast sausage link

VS

Scrambled Eggs and Avocado

2 scrambled eggs
1 ounce cheddar cheese
¼ fresh avocado

BEFORE

- 390 CALORIES
- 12G SATURATED FAT
- 15G GOOD FAT
- 0G FIBER

AFTER

- 30 LESS CALORIES
- 2G LESS SATURATED FAT
- 1G MORE GOOD FAT
- 3G FIBER

AVOCADO AND WATERMELON CHILE LIME SPICED SMOOTHIE

THIS TROPICAL
SMOOTHIE IS
NATURALLY
SWEET WITH A
TOUCH OF LIME
AND SPICE.



RECIPE SERVING SIZE: 8 OUNCES
NUMBER OF SERVINGS: 3

INGREDIENTS:

- 1 RIPE, FRESH AVOCADO, HALVED, PITTED AND PEELED
- 4 CUPS WATERMELON, CUT INTO 1-INCH PIECES
- 1/2 CUP WATER
- 1 CUP ICE
- 2 TBSP. FRESH LIME JUICE
- 1/8 TSP. CHILI LIME SEASONING

INSTRUCTIONS:

1. PLACE AVOCADO, WATERMELON, ICE, WATER AND LIME IN A BLENDER. COVER AND BLEND UNTIL SMOOTH.
2. POUR INTO GLASSES, SPRINKLE WITH CHILI LIME SEASONING AND SERVE IMMEDIATELY.

Nutrition Facts

3 servings per recipe

Serving Size

1 serving (297g)

Amount Per Serving

Calories

140

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g -

Polyunsaturated Fat 1g -

Monounsaturated Fat 4.5g -

Cholesterol 0mg 0%

Sodium 35mg 2%

Total Carbohydrate 20g 7%

Dietary Fiber 4g 14%

Total Sugars 13g -

Includes 0g Added Sugars 0%

Protein 2g 4%

