

Avocado Ins & Outs

Supports: Knowledge Base — Avocados

Why It Matters

Avocados are a creamy, satisfying source of healthy fat — the kind that helps you feel full and helps your body absorb certain vitamins. They are versatile enough to work at any meal, from toast to salads to sauces, and a little goes a long way. If you have found avocados intimidating (When is it ripe? How do I cut it?), a few simple tricks make them easy to enjoy.

What to Know

Why they belong on your plate

- Rich in heart-healthy monounsaturated fat that helps meals satisfy.
- A source of fiber and potassium.
- Their fat helps your body absorb vitamins from the vegetables they are paired with.

Ripening, storing, and using

- Ripe when it yields to gentle pressure. To speed ripening, keep it on the counter in a paper bag; to slow it, refrigerate.
- Cut around the pit, twist the halves apart, and scoop with a spoon.
- Squeeze lemon or lime on cut avocado to keep it from browning.
- Use it as a spread instead of mayo, cube it into salads, or mash it for guacamole.

Portion note: Avocado is nourishing but calorie-dense, so about a quarter to a half is a satisfying serving in most meals.

Try This

Try an avocado swap.

? Where could avocado replace a less-nourishing spread or topping this week?

? What is one new way you would like to try it?