

Produce of the Month



Nutritional Information

80 calories for one third of a medium avocado

- Protein: 1 g
- Calcium: 10 mg
- Iron: 0.3 mg
- Potassium: 250 mg
- Vitamin C: 4 mg
- Vitamin E: 1 mg
- Vitamin K: 11 ug
- Thiamin: 0.04 mg
- Riboflavin: 0.10 mg
- Niacin: 1.0 mg
- Vitamin B6: 0.1 mg
- Folate: 45 mcg
- Pantothenic acid: 0.7 mg
- Phosphorus: 30 mg
- Magnesium: 15 mg
- Zinc: 0.3 mg
- Copper: 0.1 mg
- Manganese: 0.1 mg



Avocados are very high in omega 3 fatty acids, the good kind of fat, in the form of alpha-linolenic acid,” said San Diego-based nutritionist Laura Flores. It accounts for about three-quarters of the calories in an avocado. Monounsaturated fats can help lower cholesterol and improve heart health. Avocados also have a higher percentage of protein — about 4 grams — than other fruits. Their sugar levels are also comparatively low. Avocados (**Alligator Pears**) are **pear**-shaped fruit with a rich, creamy flavor. “Alligator pears” are a name given mainly due to their shape and the leathery appearance of their skin.

Avocados



Selecting & Storing

A ripe avocado that is ready to eat should be slightly soft, but with no visible dark, sunken spots or cracks. Don't base your decision on the color of the avocado though, because some types remain green even if they are ripe.

Do not poke your fingers into an avocado in an attempt to establish whether it is ripe. It will only cause bruising, spoiling the fruit. Rather cup the entire fruit in your hand and press gently to feel if it gives way under pressure. A ripe avocado will yield slightly, without feeling mushy. Never use only the neck of the avocado near the stem as an indicator of ripeness. This area often becomes soft before the body of the avocado is ripe.

Store avocados at room temperature. Keep in mind that they can take 4 to 5 days to ripen. To speed up the ripening process, put them in a paper bag along with an apple or banana.

Cooking Suggestions

While **guacamole** is arguably the most popular way to eat avocado, you can also puree and toss with pasta, substitute for butter or oil in your favorite baked good recipes, or spread or slice onto sandwiches.

Fresh avocado guacamole can be added as a topping on your **meats** and fish, too.

Soup: Garnish soups with chopped avocado for additional flavor and health benefits.

Fruit: Ripe avocados can be consumed directly.

Dressing: They can be used for dressing food preparations of your choice, and can be sliced perfectly with an avocado slicer, available at most kitchen supply traders.

Manchester's Message for a Healthier You

9

5

2

1

0

9 Hours of Sleep - 5 Servings of Fruits & Vegetables - 2 Hours or less of Screen Time - 1 Hour of Physical Activity - 0 Sugary Beverages
For more information visit: <http://95210.townofmanchester.org/> For more ideas, see: <http://townesharvest.montana.edu/documents/Cauliflower.pdf>