



GOOD FATS ARE GOOD NEWS!

Avocados are full of good fats that keep your body healthy and strong! But how do good fats help your body? Find out by filling in the sentences below with words from the word box. Then find those words in the word search!

1. Good fats help your body absorb important _____.
2. Good fats help our _____ stay healthy.
3. Good fats can make you feel less _____.
4. Good fats help keep your _____ healthy.
5. Good fats help your circulatory _____ work better.



WORD BOX

system
nutrients
heart
hungry
brains

H	H	F	G	L	S	K	O	N	O	B	Z
M	U	L	N	T	K	R	H	E	A	R	T
S	N	S	O	O	G	U	G	K	Y	K	N
E	G	R	Y	T	N	J	A	D	F	J	S
N	R	I	P	S	U	D	N	Y	P	I	K
O	Y	O	M	O	T	Y	S	T	P	F	T
M	E	T	O	A	R	E	H	Y	S	Q	T
R	W	Z	P	R	I	B	M	A	I	N	S
O	M	I	E	N	E	I	R	E	V	J	H
H	K	N	P	K	N	B	R	A	I	N	S
C	E	N	K	H	T	Z	L	V	O	A	L
G	S	L	L	E	S	S	N	W	X	C	I



PARENTS!

Get “heart-smart” with avocados. They provide naturally good fats, are low in saturated fat, cholesterol- and sodium-free — and are certified* as heart healthy by the American Heart Association.®

* Heart-Check certification does not apply to scientific statements.

