



FULL OF NUTRIENTS

PART 1: Avocados are nutrient-dense — that means they are full of nutrients. They contain nearly 20 essential vitamins and minerals that help keep your body strong. Unscramble the sentences below to learn about some of the vitamins and minerals in avocados!

1. Fiber may heart disease reduce risk of.

4. Folate important brain function is for

2. Potassium blood pressure helps.

5. Lutein is for good eyes strong

3. Vitamin C strong keeps your immune system.

6. Vitamin K bones helps your

_____.

PART 2: What are your favorite snacks?

Try avocado toast with fun toppings, like granola, raisins, grated carrots, or even peanut butter. Not only are avocados delicious, but they're healthy, too!

Start by making the spread. Mash a ripe avocado in a bowl using a fork (ask an adult to remove the ripe avocado from the skin for you). Some people like it a bit lumpy, while others like it smooth.



Next comes the fun part: Add your favorite ingredients into the bowl, or on top of your avocado toast. Create an avocado toast recipe on the back of this sheet, and give it a name! For example, avocado toast topped with granola might be "Avo-nola toast".

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.

