The Avocado **Nutrition Facts Label**

Nutrition Facts

3 servings per container

Serving size 1/3 medium (50g)

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Amount	nor	COMUNA
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Total Sugars 0g

Iron O 3ma

Calories 80

% Daily Value³

0% 0%

20%

lotal Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 5g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	11%

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/itamin D 0mcg	
Calcium 10mg	

iron o.arrig	270
Potassium 250mg	6%
Vitamin A 0mcg	0%
Vitamin C 4mg	4%
Vitamin E 1mg	6%
Vitamin K 11mcg	10%
Thiamin 0.04mg	4%
Riboflavin 0.1mg	8%
Niacin 1mg	6%
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Vitamin B6 0.1mg	6%
Folate 45mcg DFE	10%
(0mcg folic acid)	
Pantothenic Acid 0.7mg	15%
Phosphorus 30mg	2%
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Phosphorus 30mg	2%
Magnesium 15mg	4%
Zinc 0.3mg	2%
Copper 0.1mg	10%
Manganese 0.1mg	4%

^{*}The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

A serving of avocado provides:

Naturally Good Fats

The Dietary Guidelines for Americans recommend replacing saturated fats with mono- and polyunsaturated fats (cholesterol-free good fats) to achieve overall healthy eating patterns.

A Good Source of Fiber

Fiber adds bulk to the diet, which can help people feel fuller faster and manage their weight. Diets rich in fiber may reduce the risk for certain chronic diseases.

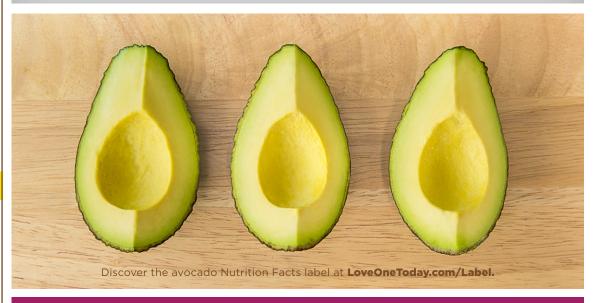
A Good Source of Folate

Folate is important for proper brain function. Folate is key for pregnant women, as it is the best-known nutrient for helping to prevent certain birth defects.

Nearly 20 Vitamins, Minerals and Phytonutrients

Avocados are a nutrient-dense addition that can easily fit into a variety of healthy eating patterns to help increase fruit and vegetable intake.

1 serving = 1/3 of a medium fresh avocado



It's Easy to Love One Today®









