

**Eating avocados provides more benefits for you besides tasting good! An avocado is actually a fat even though it lands in the fruit food group. However, this type of monounsaturated fat is good for you!**

* Moderate consumption of avocados can actually help improve your blood cholesterol levels and control blood sugar.
* This food is packed with fiber which can help you feel full and aid in weight loss.
* Avocados contain multiple nutrients that have anti-inflammatory and anti-cancer properties in avocadoes.
* Research shows that the greatest concentration of antioxidants lie in the dark green flesh closest to the skin, so make sure to scrap the inside of the skin!

#### Avocados



l Beneficial Bites

Bites

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#### Avocados

#### Leaves

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**Try this a unique way of fitting avocados into your dessert:**

**June 19th Menu Item:**

**Avocado Chocolate Brownie**

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**Fun Facts:**

* Avocados are also known as Alligator Pears because of the leather like appearance of their dark green skins.
* They can vary in weight from 8 oz to 3 lbs depending on the variety.
* Today, the most popular variety is Hass. The mother tree of all Hass Avocados was born in the backyard in La Habra Heights, California.
* Some interesting ways of enjoying in avocado include adding it to your ice cream like Brazilians do or pureeing avocados with sugar and milk for a dessert drink like Filipinos might have.
* San Diego County is the Avocado Capital of the U.S. producing 60% of all the avocados grown in California.
* Health-conscious bakers can substitute avocado for many traditional baking ingredients including butter or shortening.

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