



Avocados: Delicious and Nutritious

What You Should Know

Managing type 2 diabetes involves balancing what you eat with physical activity and medicine, if needed. What you eat has a huge impact on your blood glucose, cholesterol and weight. Below are a few tips for making the best food choices:

1. Choose water or sugar-free drinks.
2. Limit processed foods like chips, cookies and cakes.
3. Choose whole grains instead of refined grains.
4. Choose lean protein – beans, fish and chicken without the skin.
5. Choose “good” fats instead of saturated “bad” fats.

What are Naturally Good Fats?

Good fats are called monosaturated and polyunsaturated fats. Eating good fats instead of saturated fats may lower your risk of heart disease.

Sources of good fats include:

- Avocado
- Nuts
- Seeds
- Olives
- Plant oils

Avocados: Not Just for Guacamole!

Avocados are a nutrient-dense food that can be enjoyed while following a calorie-controlled diet as a replacement for other fats. The ways to use this versatile fruit in recipes are limitless!

For breakfast, replace dairy with avocado in a smoothie, or spread a few slices of avocado on whole grain toast to create a cholesterol-free spread. Add a poached egg for an extra boost of protein.

Elevate lunchtime soups, salads and sandwiches with a touch of avocado, or use mashed avocado in tuna, egg and chicken salads to create flavorful, cholesterol-free alternatives.

Add avocado to dinner entrées! Simply mix avocado into a salsa to create a garden-fresh topper, or purée with spices and low-sodium vegetable broth to create a creamy sauce for salads, proteins and even pasta.

Facts about Avocados

- Avocados contain less than 1 gram of sugar per 1 ounce serving (one-fifth of a medium avocado).
- An avocado contains 8% of your daily value of fiber, with 3.5 grams of naturally good fats to help you stay full and energized for all your activities throughout the day.



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naturally good fats + cholesterol free

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For more information visit diabetes.org or call 1-800-DIABETES



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How to Select Ripe Avocados

Step 1: Place the avocado in the palm of your hand.

Step 2: Gently squeeze without applying your fingertips, as this can cause bruising.

Step 3: If the avocado yields to gentle pressure, you know it's ripe and ready to eat. If it does not, it will need a couple more days to ripen. If it feels soft or mushy, it may be very ripe to overripe.



How to Store Unripe Avocados

Unripe, firm or green fruit can take four to five days to ripen at room temperature (approximately 65-75 degrees, avoiding direct sunlight).

To speed up the ripening process, place unripe avocados in a brown paper bag with an apple or banana at room temperature for two to three days, until they yield to gentle pressure.



How to Store Ripe Avocados

Whole Avocados: To slow down the ripening process, place uncut avocados in the refrigerator; they will last for several days or longer until you're ready to enjoy them.

Cut Avocados: Sprinkle cut, mashed or sliced avocados with lemon/lime juice or another acidic agent. Place them in an air-tight container or one tightly covered with clear plastic wrap. Store in your refrigerator and cut away darkened surface areas before eating, if desired.