INDULGE IN HEART HEALTHY*  
Avocados on Game Day

THE BIG GAME IS THE #1 AVOCADO CONSUMPTION DAY OF THE YEAR.¹

105 million pounds of avocados were consumed on Super Sunday in 2018, equal to nearly 3 servings of avocado per person in the U.S.**

Homemade guacamole is a delicious way to contribute to fresh fruit intake on game day.

Guacamole is a tasty and lower sodium choice than many other popular game day snacks like pizza or chicken wings.²

Fresh avocados provide naturally good fats and are low in saturated fat. The American Heart Association recommends replacing "bad" saturated fat with "good" unsaturated fat as part of a healthy eating routine.³

Avocados are a heart healthy choice for game day and are certified by the American Heart Association.⁴

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¹ From the Super Bowl Snacks the Avocados, CDC Info. https://www.cdc.gov/foodsafety/tailgating/super-bowl-avocado.html
²: Based on Data from the USDA National Nutrient Database
³: The Facts on Fat, The American Heart Association. http://www.heart.org/HEARTORG/HealthyEating/FatProtein/AVC004015_UCM_451612_Article.jsp?��
⁴: American Heart Association Heart-Check Certified Product List, Update December 6, 2018.

*While many factors affect heart disease, eating avocados as part of a diet low in saturated fat and cholesterol may reduce the risk.
**Calculation for this statement: 105 million pounds of avocados divided by 327 million people in the U.S., equals 0.32 pounds per person (~145 grams). One serving (one third of a medium avocado) equals 50 grams.

For more information, visit AvocadosFromMexico.com