

# Avocado

Avocados skin range in color from yellowish green to dark purplish black depending on the variety – most have a yellow to a pale green flesh. The skin and large seed need to be removed before eating.

Avocados are fruit which grow on trees.

Avocados were first cultivated in South America with later migration to Mexico. It was believed a Mayan princess ate the first avocado and it held mystical and magical power. European sailors traveling to the New World used avocados as their form of "butter."

One tree can produce up to 400 avocados a year. California is currently the largest producer of avocados in the United States. Avocados are available year round in stores.

## VARIETIES

There are several varieties of avocados, and each have a unique flavor and texture. The most common varieties found in the United States are: Fuerte, Gwen, Hass, Pinkerton, Reed, and Zutano. Most avocados are pear shaped.



## NUTRITION FACTS

- Cholesterol free
- Sodium free
- High in vitamin B6
- A good source of vitamin C
- High in vitamin E
- A good source of potassium, magnesium, folate and fiber

## USES

Avocados can be used to make guacamole, added to salads, put on sandwiches, used as butter on your toast, or in place of sour cream.

Avocados are not grown in Nebraska.



This institution is an equal opportunity provider and employer.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.