

# Fresh AVOCADO

**Food Fact Sheet** Credit United States Department of Agriculture



## PRODUCT DESCRIPTION

- ✓ Avocados are a fruit with a green skin and yellow green flesh.

## TYPES

- ✓ There are many type of avocados. The main types are; Haas, Fuerte, Zutano, Ettinger, Bacon, Reed and Pinkerton.

## STORAGE

- ✓ Avocados should be stored at room temperature to allow them to ripen.
- ✓ Store cut avocado in a container not made from metal in the refrigerator.
- ✓ For further guidance on how to store and Maintain USDA Foods, please visit the FDD Web site at: [http://www.fsis.usda.gov/wps/portal/food-safety-fact-sheets/safe-food-handling/keep-food-safe-food-safety-basics/ct\\_index](http://www.fsis.usda.gov/wps/portal/food-safety-fact-sheets/safe-food-handling/keep-food-safe-food-safety-basics/ct_index)

## FOOD SAFETY INFORMATION

- ✓ Wash Avocado in cool water and let dry.
- ✓ Wash and dry hands thoroughly before cutting open the avocado.
- ✓ Be careful when cutting to watch for cross-contaminants.

## USES AND TIPS

- ✓ Sliced avocados are a great snack full of healthy Vitamins.
- ✓ Put avocados on your salad for a real treat.
- ✓ Make fresh guacamole with mashed avocados.

## NUTRITION

## INFORMATION

Nutrition Facts	
Serving Size 1/5 medium (30g/1oz)	
Servings Per Container 5	
Amount Per Serving	
<b>Calories</b> 50	<b>Calories from Fat</b> 35
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 3g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Potassium</b> 150mg	4%
<b>Total Carbohydrate</b> 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
<b>Protein</b> 0g	
Vitamin A 0%	• Vitamin C 4%
Calcium 0%	• Iron 2%
Vitamin E 4%	• Thiamin 2%
Riboflavin 4%	• Niacin 4%
Vitamin B6 4%	• Folate 6%
Pantothenic Acid 4%	• Phosphorus 2%
Magnesium 2%	• Zinc 2%
Copper 2%	• Manganese 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



For more information on Avocados go to;  
[www.nutrition.gov](http://www.nutrition.gov)  
[www.choosemyplate.gov](http://www.choosemyplate.gov)  
[www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)