

Avocado

This unique food is a treat to your body because it is packed with nutrients. Go ahead and treat yourself with this yummy snack!



Try it!

Avocados are very mild in flavor and has a creamy, buttery texture.

**Veggie
FUN!**



Fun Facts:

- Avocado trees can live over 400 years!
- Avocados are botanically a fruit and are in the same plant family as cinnamon.



Nutrition

Avocados have a high fat content, but all this fat is actually very beneficial! It keeps you full and helps your body take in other nutrients it needs.