

The Avocado Nutrition Facts Label

Nutrition Facts

3 servings per container
Serving size 1/3 medium (50g)

Amount per serving
Calories 80

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 5g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 4g 1%

Dietary Fiber 3g 11%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.3mg 2%

Potassium 250mg 6%

Vitamin A 0mcg 0%

Vitamin C 4mg 4%

Vitamin E 1mg 6%

Vitamin K 11mcg 10%

Thiamin 0.04mg 4%

Riboflavin 0.1mg 8%

Niacin 1mg 6%

Vitamin B6 0.1mg 6%

Folate 45mcg DFE 10%

(0mcg folic acid)

Pantothenic Acid 0.7mg 15%

Phosphorus 30mg 2%

Magnesium 15mg 4%

Zinc 0.3mg 2%

Copper 0.1mg 10%

Manganese 0.1mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

A serving of avocado provides:

Naturally Good Fats

The Dietary Guidelines for Americans recommend replacing saturated fats with mono- and polyunsaturated fats (cholesterol-free good fats) to achieve overall healthy eating patterns.

A Good Source of Fiber

Fiber adds bulk to the diet, which can help people feel fuller faster and manage their weight. Diets rich in fiber may reduce the risk for certain chronic diseases.

A Good Source of Folate

Folate is important for proper brain function. Folate is key for pregnant women, as it is the best-known nutrient for helping to prevent certain birth defects.

Nearly 20 Vitamins, Minerals and Phytonutrients

Avocados are a nutrient-dense addition that can easily fit into a variety of healthy eating patterns to help increase fruit and vegetable intake.

1 serving = 1/3 of a medium fresh avocado



Discover the avocado Nutrition Facts label at [LoveOneToday.com/Label](https://www.LoveOneToday.com/Label).

It's Easy to Love One Today®

1/3



Breakfast Toast with Cottage Cheese and Avocado

1/3



Kale-Avocado Salad with Roasted Carrots

1/3



Oven-Roasted Salmon with Avocado-Citrus Salsa

fresh **avocados**
LOVE ONE TODAY®
 naturally good fats + cholesterol free

Find these flavorful, nutrient-dense avocado recipes and more at [LoveOneToday.com/Recipes](https://www.LoveOneToday.com/Recipes).



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