

Harvest of the Month



Avocado

Calories
218

Total Fat
20g

1
each

Sodium
10mg

Sugars
1g

FUN FACTS:

*Brain
Boosting
Food!*

Avocados must be picked to finish the ripening or softening process. The leaves supply a substance that prevents ripening completely.

California produces 90% of the nation's avocados. A single tree can produce 500 avocados a year.

Studies show that avocados improve blood supply and oxygen to your brain. They can help boost your memory and concentration.

Over 5% of all avocados are sold within the two weeks leading up to the Super Bowl.

This institution is an equal opportunity provider.

