Healthy Serving Ideas:

1. **Guacamole & Salsa Dips**
   Mash or dice avocados to make guacamole or to add to salsa. Serve with baked tortilla chips, potatoes, or on salads.

2. **Top up on avocados**
   Add sliced avocados to green salads or vegetable soups.

3. **Healthy Lunches**
   Try mashed avocados as a spread on sandwiches in place of mayonnaise or butter.

4. **Morning Boost**
   Top scrambled eggs with diced avocados instead of cheese.

### Produce Tips
- Pick avocados that are firm but give to gentle pressure. Hass avocados turn dark green or black when ripe. Other varieties remain green.
- Place unripe avocados in a paper bag for two or three days at room temperature.
- Store ripe avocados in the refrigerator for up to one week.
- To serve, cut lengthwise around the seed, twist halves open and remove seed. Scoop out fruit or slice.
- Rub lemon or lime juice onto cut fruit to avoid browning.

**Avocado is a good source of fiber, vitamin K, and folate!**
- Fiber helps keep your heart healthy, keep you regular, and make you feel full so you eat less. Vitamin K helps your body stop cuts and scrapes from bleeding. Folate is important for proper growth and development during pregnancy.

A serving of avocados is one-quarter cup sliced avocado. This is about one-fifth of a medium avocado.

Remember to eat a variety of colorful fruits and vegetables throughout the day to help reach your total daily needs.

### Recommended Daily Amount of Fruits and Vegetables

<table>
<thead>
<tr>
<th></th>
<th>Kids (Ages 5-12)</th>
<th>Teens and Adults (Ages 13 and up)</th>
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</thead>
<tbody>
<tr>
<td><strong>Males</strong></td>
<td>2 1/2—5 cups per day</td>
<td>4 1/2—6 1/2 cups per day</td>
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<tr>
<td><strong>Females</strong></td>
<td>2 1/2—5 cups per day</td>
<td>3 1/2—5 cups per day</td>
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