



Approved California Avocado Nutrition Copy Points as of 6/6/07

(Content updated with newly approved nutrition copy points and new avocado nutrition label)

Avocado Nutrition Structure/Function Statements

1. Avocados contain 81 micrograms of the carotenoid lutein, which some studies suggest may help maintain healthy eyes.
2. Avocados are included in Fruits & Veggies—More Matters™ consumer educational program to promote increased consumption of fruits and vegetables for good health.
3. Avocados contribute nearly 20 vitamins, minerals and beneficial plant compounds that can contribute to the nutrient quality of your diet.
4. Avocados, due to their mono and polyunsaturated fat content, are a healthy substitution for foods rich in saturated fat.
5. One-fifth of a medium avocado (1 oz) has 50 calories and contributes nearly 20 vitamins and minerals making it a good nutrient choice.
6. Avocados contain 76 milligrams beta-sitosterol in a 3-oz serving of avocado. Beta-sitosterol is a natural plant sterol which may help maintain healthy cholesterol levels.

Avocados and Babies Messages

The avocado's smooth, creamy consistency makes it one of the first fresh fruits a baby can enjoy. Sodium- and cholesterol- free, avocados contain valuable nutrients including 8% of the recommended Daily Value (DV) for folate; 4% DV for fiber and potassium, 4% DV for vitamin E; and 2% DV for iron. A serving of avocado also contains 81 micrograms of the carotenoid lutein and 19 micrograms of beta-carotene. Per serving, avocados have 3.5 grams of unsaturated fats, which are known to be important for normal growth and development of the central nervous system and brain.

Avocados Nutrient Profile:

- One-fifth of a medium avocado, or about one ounce, has 50 calories and contributes nearly 20 beneficial nutrients to the diet.
- Avocados contribute nearly 20 vitamins, minerals and phytonutrients. Phytonutrients are thought to help prevent many chronic diseases.
- Avocados contribute nearly 20 vitamins, minerals and phytonutrients, including 4% of the recommended Daily Value (DV) for vitamin E, 4% vitamin C, 8% folate, 4% fiber, 2% iron, 4% potassium, with 81 micrograms of lutein and 19 micrograms of beta-carotene.



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- Avocados act as a “nutrient booster” by enabling the body to absorb more fat-soluble nutrients, such as alpha- and beta-carotene as well as lutein, in foods that are eaten with the fruit.

Avocados and Heart Disease:

- Avocados can help consumers meet the dietary guidelines of the American Heart Association, which are to eat a diet that is low to moderate in fat. The fats should be primarily unsaturated and low in saturated fat and cholesterol. The avocado is virtually the only fruit that has monounsaturated fat.
- Avocados help assist consumers in meeting a major dietary goal of reducing saturated fat in the diet, when they are consumed in place of saturated-fat containing foods.

Avocado and Weight Loss/Maintenance:

- When used instead of other fats, avocados contribute nearly 20 vitamins, minerals and phytonutrients and can be part of a calorie-reduced diet.
- Avocados can be a satisfying addition to a calorie-reduced diet, when they are eaten in lieu of other fats.
- When enjoyed in place of other fats, avocados can be a satisfying addition to a calorie-controlled diet.

Spread and Dip Nutritional Comparison for Fresh Avocados:

- Fresh avocado on sandwiches and toast or substituted as a spread in place of many other popular foods may help reduce dietary intake of calories, fat, saturated fat, sodium and cholesterol.
- Want to reduce your cholesterol intake? Try fresh avocado on sandwiches and toast or substitute as a spread in place of many other popular foods to reduce your intake of cholesterol, calories, fat, saturated fat, and sodium.
- Looking for a twist on spreads and dips? A 1-ounce serving of fresh avocados contain 0mg of cholesterol, 0mg of sodium, 0.5g saturated fat. See the chart below for examples of how fresh avocados are a great substitute on sandwiches, toast or substituted as a spread in place of many other popular foods.



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- Try fresh avocado on sandwiches and toast in place of many other popular foods to reduce your intake of cholesterol, calories, fat, saturated fat, and sodium. (see the chart below)

NOTE: Chart below must always be in close proximity to the above nutrition copy points. Also, saturated fat for avocados should be listed as "0.5" grams instead of ".5" grams.

Spread and Dip Nutritional Comparison					
	Fresh Avocado	Butter, Salted	Sour Cream, Cultured	Cheddar Cheese	Mayonnaise, with salt
Portion (1-ounce)	2 Tbsp. or 2-3 thin slices	2 Tbsp.	2 Tbsp.	1 slice	2 Tbsp.
Calories	50	204	60	114	109
Total Fat (g)	4.5	23	6	9.4	9.4
Sat Fat (g)	0.5	14.6	3.7	6	1.4
Cholesterol(mg)	0	61	13	30	7
Sodium(mg)	0	164	15	176	199

Reference: USDA National Nutrient Database for Standard Reference, Release 18 (2005) and FDA Food Labeling Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetable and Fish (Vol. 71, No. 159); Appendix C to Part 101 – Nutrition Facts for Raw Fruits and Vegetables (2006).

- *Nutritional values are for the item listed only; not as consumed with other foods or ingredients.*

Avocados and Lutein:

- Avocados are a good way to get more lutein in the diet. An ounce of avocado contains 81 micrograms of lutein. Lutein has been shown to be concentrated in the Macula of the eye, and research suggests that it may help maintain healthy eyesight as we age.
- Lutein is a natural antioxidant that may help maintain eye health as we get older. By adding avocado to foods like salads, salsa, soups or sandwiches you can get more of the phytonutrient lutein in your diet.



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NEW Nutrition Label – English and Spanish
Source: California Avocado Commission

Nutrition Facts	
Serving Size 1/5 medium (30g/1oz)	
Servings Per Container 5	
Amount Per Serving	
Calories 50	Calories from Fat 35
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 140mg	4%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	
Vitamin A 0%	• Vitamin C 4%
Calcium 0%	• Iron 2%
Vitamin E 4%	• Thiamin 2%
Riboflavin 4%	• Niacin 4%
Vitamin B6 4%	• Folate 8%
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	

California Avocado Commission

Nutrition Facts	
Datos de Nutrición	
Serving Size 1/5 medium (30g/1 oz)	
Tamaño de Ración 1/5 medio (30g/1 oz)	
Servings Per Container 5 / Raciones Por Paquete 5	
Amount Per Serving / Cantidad por Ración	
Calories/Calorías 50	Calories from Fat/Calorías de Grasa 35
% Daily Value* / % Valores Diarios*	
Total Fat / Grasa Total 4.5g	7%
Saturated Fat / Grasa Saturada 0.5g	3%
<i>Trans</i> Fat / Acido Graso <i>Trans</i> 0g	
Polyunsaturated Fat / Grasa Pollinsaturada 0.5g	
Monounsaturated Fat / Grasa Monoinsaturada 3g	
Cholesterol / Colesterol 0mg	0%
Sodium / Sodio 0mg	0%
Potassium / Potasio 140mg	4%
Total Carbohydrate / Carbohidrato Total 3g	1%
Dietary Fiber / Fibra Dietética 1g	4%
Sugars / Azúcares 0g	
Protein / Proteínas 1g	
Vitamin A / Vitamina A 0%	• Vitamin C / Vitamina C 4%
Calcium / Calcio 0%	• Iron / Hierro 2%
Vitamin E / Vitamina E 4%	• Thiamin / Thiamin 2%
Riboflavin / Riboflavina 4%	• Niacin / Acido Nicotínico 4%
Vitamin B6 / Vitamina B6 4%	• Folate / Folate 16%
Pantothenic Acid / Acido Pantoténico 4%	• Phosphorus / Fósforo 2%
Magnesium / Magnesio 2%	• Zinc / Zinc 2%
Copper / Cobre 2%	• Manganese / 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/Calorías 2,000 2,500
Total Fat/Grasa Fat	Less than/Menos de 65g 80g
Sat Fat/Grasa Saturada	Less than/Menos de 20g 25g
Cholesterol/Colesterol	Less than/Menos de 300mg 300mg
Sodium/Sodio	Less than/Menos de 2,400mg 2,400mg
Total Carbohydrate/Carbohidrato Total	300g 375g
Dietary Fiber/Fibra Dietética	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
Calorías por gramo: Grasa 9 • Carbohidrato 4 • Proteínas 4	

6/6/07 JU/TB/ADF/USDA

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