



AVOCADOS

EAT THIS, NOT THAT

Sub avocados for these high-fat foods
for a **healthy and tasty** meal makeover

Instead of:

Cream cheese on toast



2 Tbsp cream cheese:
6 g saturated fat
3 g unsaturated fat
0 g fiber

VS

Try:

Mashed avocado — dress it up with
diced tomatoes, basil and pepper



4 Tbsp mashed avocado:
1 g saturated fat
7 g unsaturated fat
4 g fiber

Instead of:

Creamy salad dressing



2 Tbsp salad dressing:
16 g fat
150 calories

VS

Try:

Pureed avocado with a dash of
balsamic vinegar



2 Tbsp avocado dressing:
4.5 g fat
50 calories

Instead of:

Sour cream on a baked potato



2 Tbsp sour cream:
2.5 g saturated fat
1.3 g unsaturated fat
0 g fiber

Try:

Mashed avocado



2 Tbsp mashed avocado:
0.5 g saturated fat
3.5 g unsaturated fat
2 g fiber

VS

Instead of:

Sliced cheese on a sandwich



1 slice cheddar cheese:
115 calories
180 mg sodium

Try:

Thinly sliced avocado



1/5 sliced avocado:
50 calories
0 mg sodium

VS

From the expert

“Avocados are packed full of vitamins, minerals, phytonutrients, heart-healthy fats and fiber. And they’re so versatile, they can be added to many dishes.”

— Melissa Hughes, registered dietitian and wellness program manager with Sharp Rees-Stealy’s Center for Health Management



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