



Brought to You by Ohio SNAP-Ed and the Ohio Expanded Food and Nutrition Education Program (EFNEP)

NUTRITION AND YOU...AVOCADOS

FOOD FOR THOUGHT

Avocados are an excellent source of healthy oils. They come in many different varieties but the most popular is the "Hass". To prepare an avocado, cut it in half, slightly twist the two halves, separate, and remove the seed. You can either scoop the flesh out with a spoon or remove the skin with a knife. Avocados make a great addition to salads.

SHOP SMART

Avocados are available year-round. Many grocers sell avocados while they are still hard and unripe, so allow them to sit at room temperature for a few days to soften. Choose avocados that are heavy for their size, with unblemished, unbroken skin. Pick up the avocado and gently squeeze it- if it leaves a dent then it is overripe.

EAT HEALTHY

Avocados are:

- Sodium free
- Cholesterol free
- An excellent source of dietary fiber
- An excellent source of monounsaturated fat
- A good source of vitamin B6, C, K, and E
- A good source of potassium and folate



Note: 1 serving of avocado is one half cup cubed. Although avocado is part of the vegetable group, one half of a medium avocado provides three teaspoons of healthy oils.

KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food.
- Wash avocados under cool, running water before eating or cutting them.
- Ripe avocados will keep in the refrigerator for 4-5 days.
- Do not store unripe avocados in the refrigerator – they will not ripen properly.

Your Local Story here:

18 pt Arial Bold Headline

Text in 11 pt. Arial Regular



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES

RECIPE

Veggie Bean Wrap

Ingredients:

- 2 seeded and chopped bell peppers
- 1 peeled and sliced onion
- 1 can drained and rinsed black beans
- 2 peeled and chopped mangoes
- Juice of 1 lime
- ½ cup chopped fresh cilantro
- 1 peeled and diced avocado
- 4 fat-free, 10-inch flour tortillas

Instructions:

1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans and stir well. Reduce heat to low and simmer about 5 minutes.
2. In a small bowl, combine mangoes, lime juice, cilantro, and avocado. Set aside half of the mixture.
3. Fill warmed tortillas with ¼ bean mixture and ¼ mango mixture.

Nutrition Facts – Veggie Bean Wrap

Cost: Per Recipe: \$ 3.89

Per Serving: \$ 0.97

Serving Size: 1 wrap (1/4 of recipe)

Calories: 480

Calories from Fat: 120

Per Serving	% Daily Value*
Total Fat – 13 g	20%
Saturated Fat – 2.5g	13%
Dietary Fiber–14g	56%
Sodium –690mg	29%
Sugars – 22 g	
Protein – 13 g	

*Percent daily value
Based on a 2,000
calorie diet. Your
daily values may
be higher or lower
depending on your
caloric needs.

4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture.

FOCUS ON FITNESS

Being physically active is central to living a longer, healthier life. It can help relieve stress and provide an overall feeling of well-being. Physical activity can also help you achieve and maintain a healthy weight and lower your risk of chronic disease.

REMEMBER:

Find your balance between food and physical activity



REFERENCES

- United States Department of Agriculture, ChooseMyPlate choosemyplate.gov/
- Centers for Disease Control and Prevention fruitsandveggiesmatter.gov
- Centers for Disease Control and Prevention fruitsandveggiesmatter.gov/health_professionals/food_safety.html
- The Wellness Encyclopedia of Food and Nutrition, The University of California at Berkeley, 1992
- United States Department of Agriculture, SNAP-Ed Connection recipefinder.nal.usda.gov/

Revised 12-2015.

This material funded by USDA-Food & Nutrition Service's Supplemental Nutrition Assistance Program (SNAP), Ohio Food Assistance Program Grant/Contract ODJFS Grant Agreement G-1213-17-0612, October 1, 2012-June 30, 2013

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.