

Get Your Plate In Shape For Nutrition

(NAPSA)—For more than 30 years, the Academy of Nutrition and Dietetics, the world's largest organization of food and nutrition professionals, has sponsored an annual public education and awareness campaign to remind people of the importance of making smart food choices and developing sound eating and physical activity habits. This year's theme, "Get Your Plate in Shape," supports the recommendations of the *Dietary Guidelines for Americans, 2010* and *MyPlate*, and encourages Americans to get back to the basics of healthy eating.

One of the main tips to "Get Your Plate in Shape" is "make half your plate fruits and vegetables." In addition to contributing essential nutrients to our diet, eating a variety of fruits and vegetables is associated with reduced risk of many chronic diseases. Eating fruits and vegetables instead of higher calorie foods is a simple strategy to help manage your weight.

Hass avocados are a versatile and delicious fruit that make it easy to get your plate in shape. Whether eaten alone, as an ingredient in recipes or incorporated into healthy meals, avocados add flavor and a nutrient boost, contributing nearly 20 vitamins, minerals and phytonutrients to your diet, along with a source of "good" fats, both monounsaturated and polyunsaturated.

Try getting your plate in shape



Mahi-Mahi with Hass Avocado and Grapefruit Salsa can be a fresh and delicious way to get your plate in shape for your good health.

with a tasty, healthful and quick meal of Mahi-Mahi with Hass Avocado and Grapefruit Salsa. For more recipe ideas, visit www.AvocadoCentral.com.

Mahi-Mahi with Hass Avocado and Grapefruit Salsa

Serves: 4

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes

Ingredients

1 ripe, Fresh Hass Avocado, seeded, peeled and diced

2 tsp. lemon juice

½ small red onion, diced

½ grapefruit, skin and outer white membrane cut off, diced

1 jalapeño, seeded and minced

Salt and ground black pepper, to taste

4 (5-6 oz.) mahi-mahi filets
1 Tbsp. olive oil
1 lemon, cut into wedges

Instructions

1. Place avocado in a medium bowl and sprinkle with lemon juice. Toss gently to coat. Add onion, grapefruit and jalapeño. Season with salt and pepper and toss briefly to combine. Set aside.

2. Rinse filets and pat dry with paper towels. Sprinkle with salt and pepper.

3. Place oil in a large skillet over high heat. Add mahi-mahi filets and let cook without moving until golden brown, about 5 minutes. Turn and cook until just cooked through.

4. To serve, top each filet with an even amount of salsa and garnish with a lemon wedge.

Nutrition Information Per Serving: Calories 260; Total Fat 11 g (Sat 1.5 g, Trans 0 g, Poly 1.5 g, Mono 7 g); Cholesterol 115 mg; Sodium 140 mg; Potassium 890 mg; Total Carbohydrates 10 g; Dietary Fiber 5 g; Total Sugars 3 g; Protein 30 g; Vitamin A 560 IU; Vitamin C 29 mg; Calcium 41 mg; Iron 2 mg; Vitamin D 0 IU; Folate 49 mcg; Omega-3 Fatty Acid 0.3 g.

Note: Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados, adjust the quantity accordingly.