

# Choose Good Fats For Good Health

(NAPSA)—California avocados taste great, are a versatile recipe ingredient and offer important nutrients as part of a healthful diet. Avocados are one of the few fruits (yes, they are really a fruit) that provide “good” unsaturated fats which have been linked to a reduced risk of heart disease. According to



**Pivonka**

David Heber, M.D., director of the Center for Human Nutrition at the University of California, Los Angeles, “Increasing your intake of fruits and vegetables can

reduce heart disease by providing heart healthy nutrients and phytonutrients such as the monounsaturated fat and lutein in avocados. Compared to other commonly eaten fruits, California avocados rank highest in lutein, which acts as an antioxidant, and beta-sitosterol, which may block cholesterol absorption.”

As a substitute for saturated fats found in butter and mayonnaise, avocados work well spread on toast or in sandwiches. Avocados taste great in a wide variety of salads, especially when teamed with other fruits.

For more information and recipes featuring California avocados, visit [www.avocado.org](http://www.avocado.org) and for more healthful tips on fruits and vegetables, visit [www.5aday.org](http://www.5aday.org).

## Avocado and Blueberry Fruit Salad

### Dressing

- 2 tablespoons honey**
  - ¼ cup plain nonfat yogurt**
  - ½ teaspoon ground cinnamon**
  - ¼ cup fresh orange juice**
  - ⅛ teaspoon each salt/pepper**
- Whisk together all ingredi-**



**ents and set aside.**

### Salad

- 1 large, ripe California avocado, cut in slices**
- 2 cups fresh blueberries**
- 2 cups fresh apple, peeled and diced**
- 2 cups fresh mango, diced**
- 1 5-oz. package or 8 cups salad greens**
- 2 tablespoons chopped chives or green onion**
- 2 tablespoons walnuts, toasted, chopped coarsely**

**Place chopped avocado, blueberries, apple, and mango in medium bowl and toss with 4 tablespoons dressing. Toss salad greens in large bowl with remainder of dressing, and distribute evenly on each of six salad plates. Place an equal portion of fruit/avocado mixture on top of each greens serving. Sprinkle with chopped chives and toasted walnuts to serve. Makes 6 servings.**

Nutritional Information per serving: calories: 192, total fat: 6g, saturated fat: 1g, monounsaturated fat: 3g; polyunsaturated fat: 2g; % calories from fat: 31%, % calories from saturated fat: 4%, protein: 4g, carbohydrates: 34g, cholesterol: 0mg, dietary fiber: 7g, sodium: 78mg

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*Note to Editors: Eighty-fourth in a series of monthly 5-A-Day columns. More stories at [www.napsnet.com](http://www.napsnet.com) and search: “Pivonka.”*