

Avocados—A Spread Above The Rest

(NAPSA)—Smooth, creamy Hass avocados offer health-conscious individuals a smart substitute for spreads and dips typically laden with cholesterol and saturated fat. One of the only fruits containing monounsaturated fats, avocados can be used



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to help manage the risk of cardiovascular disease when eaten as part of an overall lower-fat and calorie-controlled diet.

A healthy type of fat, a silky smooth texture and a light, nutty flavor make

Del Monte Hass avocados a “must have” fruit. The best way to tell if a Hass avocado is ready for immediate use is to gently squeeze the fruit in the palm of your hand. Ripe, ready-to-eat fruit will have a dark green to black pebbly skin and will be firm yet will yield to gentle pressure.

As a substitute for mayonnaise on sandwiches, mashed avocados are hard to beat. Another healthy

substitution is avocado dip instead of sour cream-based dip. Two ounces of traditional potato chips with two tablespoons ranch dip gives you 35g of fat, but two ounces of baked tortilla chips dipped into two tablespoons guacamole provides only 7g of fat. There are lots of ways to use versatile Del Monte avocados to cut your saturated fat. Here are some other great ideas.

- Top a baked potato with mashed avocados instead of sour cream or butter

- Spread bagels or toast with mashed avocados instead of cream cheese or butter

- Add sliced avocados to sandwiches instead of cheese

- Use chopped avocados instead of cheese in a salad or an omelet

For more information on Del Monte Hass avocados, go to www.freshdelmonte.com and for more information on how to enjoy the recommended 5 cups of fruits and vegetables needed each day, visit www.5aday.org.

Mashed Avocados Versus Other Spreadable Fats

Two Tablespoons of...	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)
Mashed Avocados	48	4.4	0.6	0	2
Butter	204	23	14.6	61	164
Mayonnaise	200	22	3	10	180
Margarine (stick)	197	22	4	0	183
Peanut Butter	188	16	3	0	147
Cream Cheese	88.5	8.6	5.4	27	202
Sour Cream	51	5	3	11	13



Note to Editors: Eightieth in a series of monthly 5-A-Day columns. More stories at www.napsnet.com and search: “Pivonka.”