Avocado 101
How to pick, store and prepare fresh avocados.

How to pick the best fresh avocado

**Color & Texture**

- **FIRM**
  - Not Ripe
  - Days to Ripe: 4–5

- **BREAKING**
  - Almost Ripe
  - Days to Ripe: 1–2

- **RIPE**
  - Ready to Eat
  - Days to Ripe: 0

- **OVERRIPE**
  - Past Ripe

Color alone doesn't determine ripeness, but **darker avocados may be riper than ones with lighter skin**. Large indentations are signs that the fruit has been bruised and shouldn't be purchased.

**Firmness**

Place the avocado in the palm of your hand and squeeze lightly to avoid bruising. **If the avocado yields to gentle pressure, you know it's ripe and ready-to-eat.** If not, then the avocado will be ripe in 2–3 days. If the avocado feels mushy, it may be overripe.

How to store fresh avocados

**Unripe Avocados**

Unripe, firm or green fruit can take 4–5 days to ripen at room temperature. To speed up the ripening process, place avocados in a brown paper bag with an apple or banana.

**Whole Ripe Avocados**

To slow down the avocado ripening process, place ripe and ready to eat avocados uncut in the refrigerator. They will last 2–3 days.

**Cut Avocados**

Sprinkle cut, mashed or sliced avocados with lemon or lime juice. Store in the refrigerator in an air-tight container or tightly covered with plastic wrap.

**Guacamole**

Add lemon juice, lime juice or vinegar to help prevent browning. Place guacamole in an air-tight container, then press clear plastic wrap directly on the surface and cover with a lid. Store in the refrigerator.

TIP: If refrigerated guacamole or cut avocados turn brown during storage, discard the top oxidized layer and enjoy the rest.
How to prepare your fresh avocado

**Cut avocado in half**
Wash hands and rinse avocado. Starting at the narrower end, slice slowly down the center lengthwise around the seed. Hold the avocado and twist the two halves apart.

**Remove seed**
Slip a spoon between the seed and avocado and gently work the seed out of the fruit, or cut the avocado half into quarters around the seed and remove it by hand.

**Peel**
Cut into wedges, then grasp the outer dark layer and pull it away from the inner green avocado. If darker portions of the skin remain on the avocado, cut them away.

Fresh avocados are delicious all by themselves, in guacamole, on salads, soups and sandwiches, for breakfast, lunch, dinner and snacks. Visit LoveOneToday.com for recipe ideas!

Fresh avocados have many benefits

**Serving size is a third of a medium size avocado (50g)**

- **Avocados are a heart-healthy fruit.** Many factors affect heart disease. Eating avocados as part of a diet low in saturated fat and cholesterol may reduce the risk.
- **80 calories** per serving, plus cholesterol- and sugar-free.
- **A good source of folate (folic acid),** which is important for proper brain function. Adequate intakes may reduce the risk of premature births and birth defects.
- **Naturally good fats** which help the body absorb fat-soluble nutrients without raising LDL (“bad”) cholesterol levels when eaten as part of a healthy diet.
- **250mg of potassium** — which can help your body build muscle and break down and use carbohydrates.
- **A good source of fiber** that adds bulk to the diet and can help you feel full faster.
- **Nearly 20 vitamins, minerals and nutrients.**

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