AVOCADO 101
How to pick, store and prepare fresh avocados
**HOW TO PICK THE BEST FRESH AVOCADO**

**COLOR & TEXTURE**
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.

**NOT RIPE**
Days to Ripe: 4–5

**ALMOST RIPE**
Days to Ripe: 1–2

**RIPE**
Days to Ripe: 0

**OVERRIPE**

**HOW TO STORE FRESH AVOCADOS**
Firm, uncut avocados can be safely stored in the refrigerator for up to 2 weeks. They will continue to ripen while in the refrigerator, but at a slower rate.

Ripe, uncut avocados can be safely stored in the refrigerator for up to a week. They will also continue to ripen but at a slower pace.

To store a leftover avocado half leave the skin and pit, this will help limit the surface area exposed to air. Sprinkle with lemon or lime juice and place it in an air-tight container or tightly covered clear plastic wrap.

Adding an acidic agent can help prevent oxidization when added on top of the guacamole. Place it in an air-tight container and press clear plastic wrap against the surface of the guacamole before covering. Store in the refrigerator no more than 12 hours.

**DID YOU KNOW YOU CAN FREEZE AVOCADOS TO MAKE THE PERFECT SMOOTHIE?**
Visit SaboreaUnoHoy.com/freeze

**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 HAVE MANY BENEFITS

SERVING SIZE IS A THIRD OF A MEDIUM SIZE AVOCADO (50g)

- **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.

- **A good source of folate (folic acid),**
  which is important for proper brain and spine development. Adequate intakes may reduce the risk of premature births and birth defects.

- **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.

- **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. And contains nearly 20 vitamins, minerals and nutrients.

FRESH AVOCADOS ARE DELICIOUS ALL BY THEMSELVES, IN GUACAMOLE, ON SALADS, SOUPS AND SANDWICHES, FOR BREAKFAST, LUNCH, DINNER AND SNACKS.

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