

Fresh Facts About Good Fats

Fact #1

Dietary fats, particularly those high in good fats, should not be avoided. It is essential to eat some fats because they are a major source of energy and help the body absorb fat-soluble nutrients.

Fact #2

There are two kinds of fats: good (unsaturated) and bad (saturated). The key to healthful eating is balancing the right amounts of the right types of fats.

Examples of Foods High in Good Fats



Avocados



Nuts



Almonds



Salmon



Olive Oil

Fact #3

Eating foods high in good fats like fresh avocados in place of foods high in bad fats has been shown to help reduce risk factors for disease and promote overall health.

Fact #4

The good fats in avocados are known to be important for normal growth and development of the central nervous system and brain in babies.

Fact #5

Good fats lower bad cholesterol levels when they substitute for bad fats and are beneficial when eaten in moderation.

Fact #6:

A recent survey points to an education gap amongst Millennials and Hispanics about the differences between good and bad dietary fats.

	Millennials (ages 18-35)	Hispanics*
Incorrectly lumped all dietary fats as bad	40%	47%
Didn't believe eating good fats can help lower bad cholesterol	37%	34%
Didn't believe eating good fats in place of bad fats can help lessen the risk of heart attack	39%	36%
Admit still confused about the differences between good and bad fats	36%	39%

*Some overlap. 21% of Hispanic respondents also identified as Millennial

Fact #7

Confusion about dietary fats may result in a missed opportunities for healthful eating. This is especially alarming when considering heart disease is the leading cause of death in the U.S. and eating better is one important way to help prevent it.

Fact #8

The 2016 Dietary Guidelines for Americans emphasizes that small shifts like moving away from bad (saturated) fats to good fats like including avocados can make a big difference in promoting overall health.



Learn more about the good fats like fresh avocados at
www.LoveOneToday.com/FatAwareness
(or www.SaboreaUnoHoy.com/grasas-buenas)

fresh **avocados**
LOVE ONE TODAY®
naturally good fats + cholesterol free



Recipe Spotlight: Tropical Whole Grain Avocado Mini Muffins



PREP TIME: 10 minutes



TOTAL TIME: 35 minutes



SERVES: 24, about 24 muffins

Ingredients

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1/2 cup brown sugar + 2 Tbsp
- 1 tsp baking powder
- 1/4 tsp salt
- 1 egg
- 1/2 nonfat yogurt, plain
- 1/4 cup canola oil
- 2 very ripe bananas
- 1 ripe fresh avocado, halved, peeled, pitted and mashed
- 1/2 cup fresh pineapple chunks, finely diced
- 1 cup shredded coconut, divided
- Non-stick cooking spray

Instructions:

Preheat oven to 350° F. Lightly coat 24-count mini muffin tin with cooking spray. Whisk together all-purpose flour, whole wheat flour, baking powder, and salt. With an electric mixer, beat bananas and avocado with 1/2 cup brown sugar, yogurt, oil and egg. Add dry ingredients, mixing on low until combined. Stir in pineapple and 1/2 cup shredded coconut. Divide batter among 24 mini muffin cups. Sprinkle with mixture of 2 tablespoons brown sugar and coconut. Bake until golden-brown and center of a muffin resists light pressure, 16 to 20 minutes. Cool on a wire rack.



TIP:

Avocado ripening too fast?
Store in refrigerator to slow down ripening process.



fresh avocados
LOVE ONE TODAY®
naturally good fats + cholesterol free

For more tips and recipes,
visit LoveOneToday.com/recipes

