



ALL ABOUT AVOCADOS



Fresh Fruit and Vegetable Program



Fun Facts

WHAT NUTRIENTS ARE IN AVOCADOS?

- Avocados are known for their high fiber content
- Avocados have more potassium in them than a banana!
- Avocados are a great source of healthy fats

- The avocado originated in southern Mexico.
- Avocados are most commonly seen as salad vegetables in North America.
- Brazilians view avocados as a fruit rather than a vegetable.
- Eating avocados can have many health benefits such as keeping your eyes healthy and protecting your skin.
- Avocados are sometimes called "Alligator Pears" because of their green color and pear-like shape.



PORTLAND PUBLIC SCHOOLS
Nutrition Services

This institution is an equal opportunity provider