The simplest way
...to use avocado

Avocados are packed full of Vitamin E and Vitamin C, contain good fats, and are high in fibre - making them a great choice for a standalone snack, or addition to a main meal.

Botanically avocados are a fruit because they grow on trees and contain a seed – but nutritionally they are a vegie – meaning they count towards your 5 serves!

How to use avocado:

• As a spread on toast for brekky
• Add to a salad for extra flavour
• Mash, and add lemon juice + garlic for an easy guacamole – then serve with vegie sticks
• Eat straight from the skin with a spoon

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.

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