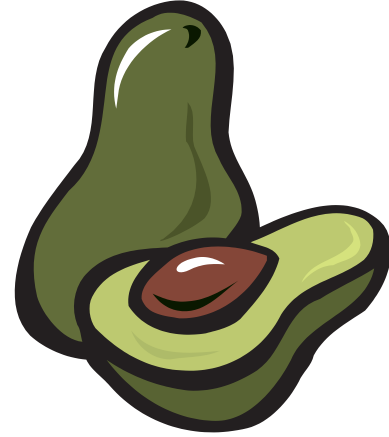




# Awesome Avocados!

Avocados are often eaten as a vegetable, but did you know they're actually a fruit? Avocados come in many shapes and sizes, but they are best known for their creamy greenish-yellow flesh beneath their tough skin. Along with being an awesome addition to sandwiches, wraps, salads, or dips (guacamole, anyone?), avocados are one of the few fruits to contain fat—the same type of healthy fat found in olive oil and nuts!



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

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