

— A V O C A D O —



— 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.

**Q:** Should I remove the stem cap of an avocado to determine ripeness?

**A:** As with all fruit, once you break the skin, the oxygen in the air will cause browning. Whether it's ripe or not, popping off the stem at the market or in your kitchen triggers premature oxidation that can negatively impact color, texture and taste for when you are ready to eat so we don't recommend it.

*The best way to tell if an avocado is ripe is whether it yields to a gentle squeeze in the palm of your hands.*



## 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.

# 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.

**DID YOU KNOW YOU CAN FREEZE AVOCADOS TO MAKE THE PERFECT SMOOTHIE?**

Visit

[LoveOneToday.com/freeze-avocados](http://LoveOneToday.com/freeze-avocados)

**IT IS NOT ADVISED TO STORE YOUR AVOCADOS IN WATER TO PROLONG THEIR GOODNESS.** Storing any fruit in water may allow residual human pathogens like listeria or salmonella on the fruit's exterior to multiply when submerged in water.

This storage hack puts you at risk for foodborne illnesses, negating their goodness.

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.



## 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 THE SEED OR PIT

1. Cut the avocado in half and gently push the pit out with your hand.
2. Use a fork.
3. Cut the avocado into wedges and remove the seed with your 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.*

*VISIT [LOVEONETODAY.COM](http://LOVEONETODAY.COM) FOR RECIPE IDEAS*