Eat Avocados

Snack Idea:
Try mashed avocados as a spread on sandwiches in place of mayonnaise or butter.

Produce Tip:
Look for avocados that give slightly to gentle pressure.

Health Tip:
Avocados are a good source of fiber which makes you feel full so you eat less.

For *CalFresh* information, call 530-225-5767. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. •California Department of Public Health.

Network for a Healthy California Harvest of the Month

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