



## **GENERAL COPY POINTS**

California avocados are a **fruit** and are a delicious part of a healthful diet.

**California avocados are fully included in the National Cancer Institute and Produce for Better Health Foundation 5 A Day for Better Health program.** Recipes using avocados have been developed which meet the program's nutritional criteria.

***California avocados are ripe with possibilities and can be part of a healthful diet.***

**California avocados are included in dietary programs from some of the world's leading nutrition organizations:**

- ✓ USDA's Food Guidance System (Mypyramid.gov)
- ✓ American Diabetes Association's Diabetes Food Pyramid
- ✓ UCLA Center for Human Nutrition's California Food Pyramid
- ✓ Oldways Preservation & Exchange Trust's Mediterranean
- ✓ Vegetarian and Latin American Diet Pyramids.

