Healthy Serving Ideas
• Use avocados to make guacamole and salsa dips. Serve with baked tortilla chips, baked potatoes, or salads.
• Mash avocados and spread on sandwiches instead of mayonnaise.
• Top scrambled eggs with diced avocados instead of cheese.

For more ideas, visit: www.cachampionsforchange.net

AVOCADO TORTILLA SOUP
Makes 8 servings. 1 cup per serving. Total time: 30 minutes

Ingredients:
3 (14-ounce) cans low-sodium chicken broth
2 (10¾-ounce) cans low-sodium condensed tomato soup
½ bunch cilantro, leaves only
3 cloves garlic, finely chopped
½ teaspoon ground black pepper
1 ripe avocado, peeled, pitted, and chopped
8 corn tortilla chips, crumbled

1. In a large pot over high heat, combine chicken broth, tomato soup, cilantro, garlic, and pepper. Bring to a boil, then reduce heat and simmer for 10 minutes.
2. Cool slightly, then purée small batches in a blender.
4. Serve warm or chilled. Sprinkle with crumbled tortilla chips.

Nutrition information per serving:
Calories 134, Carbohydrate 17 g, Dietary Fiber 2 g, Protein 5 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 350 mg
Adapted from: Everyday Healthy Meals, Network for a Healthy California, 2007.

How Much Do I Need?
• A ½ cup of sliced avocado is about one cupped handful.
• A ½ cup of sliced avocado is a good source of fiber, vitamin C, vitamin B₆, folate, potassium, and vitamin K.
• Avocados are also a good source of monounsaturated fat, which is a healthy fat your body needs.
• Monounsaturated fat is an oil that helps lower the “bad” cholesterol in your body and may help raise the “good” cholesterol.
• Healthy fats can be found in canola oil, nuts, olives, olive oil, and some cold water fish varieties (salmon, canned light tuna, rainbow trout, cod, halibut).

The amount of fruits and vegetables that each person needs depends on age, gender, and physical activity level. Look at the chart below to find out how much each person in your family needs. Then, make a list of everyone’s favorite fruits and vegetables. Add these to everyday meals and snacks to help your family get the recommended amount of fruits and vegetables every day.

Recommended Daily Amount of Fruits and Vegetables*

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<thead>
<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
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<tbody>
<tr>
<td>Males</td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
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<tr>
<td>Females</td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
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*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.