

All recipes should meet the following nutrition criteria per serving.

Fruits and vegetables should take center stage.

Take avocados to heart. Recipes **MUST** include at least one avocado as an ingredient, not a garnish.

One serving of avocado is about one-third of the fresh fruit, and contains 80 calories, 1 gram of saturated fat and no *trans* fat, sodium or sugar.

Appetizer/Snack		Tips
Calories	≤ 250 calories	Think snack-size
Saturated Fat	≤ 2 g non-meat ≤ 3 g if meat	Hold the butter, cheese and fatty meat
Trans Fat	< 0.5 g	No recipe ingredients should list trans fat
Sodium	≤ 240 mg	<1/8 tsp salt per serving
Added Sugar	≤ 8 g	≤ 2 tsp per serving

[Avocado, Black Bean and Corn Salsa](#)



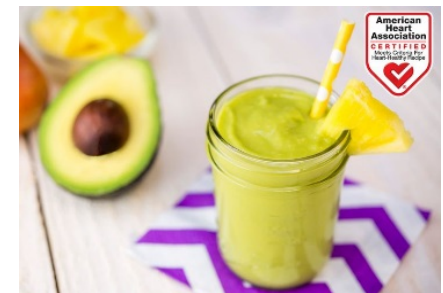
Entree		Tips
Calories	≤ 350 calories	Be mindful of portion size
Saturated Fat	≤ 3 g for beef, poultry, pork, etc. ≤ 4 g for fish or seafood	Go easy on the butter, cheese and fatty meat
Trans Fat	< 0.5 g	No recipe ingredients should list trans fat
Sodium	≤ 360 mg	around 1/8 tsp salt per serving
Added Sugar	≤ 8 g	≤ 2 tsp per serving

[Oven-roasted Salmon with Avocado](#)



Dessert/Smoothie		Tips
Calories	≤ 200 calories	Watch the portion!
Saturated Fat	≤ 2 g	Hold the butter, tropical oils and cream
Trans Fat	< 0.5 g	No recipe ingredients should list trans fat
Sodium	≤ 240 mg	<1/8 tsp salt per serving
Added Sugar	≤ 8 g	≤ 2 tsp per serving

[Avocado and Mango Kick-starter Smoothie](#)



Ingredients to Emphasize

- Fruits and vegetables
- Whole grains
- Olive oil/vegetable oil
- Lean or extra lean meats
- Low-fat or fat-free dairy products
- Low-sodium or no-sodium products

Ingredients to Avoid

- Bacon
- Candy and confections (e.g. chocolate chips)
- Added sugars (e.g. brown sugar, honey, maple syrup, corn syrup)
- Refined grains (e.g. white breads, white flours)
- Butter, margarine and tropical oils (e.g. coconut, palm and palm kernel)
- Fatty meats
- Whole-fat dairy products and cream
- Tropical oils (e.g. coconut, palm, palm kernel)