

AVOCADOS ON THE MENU!

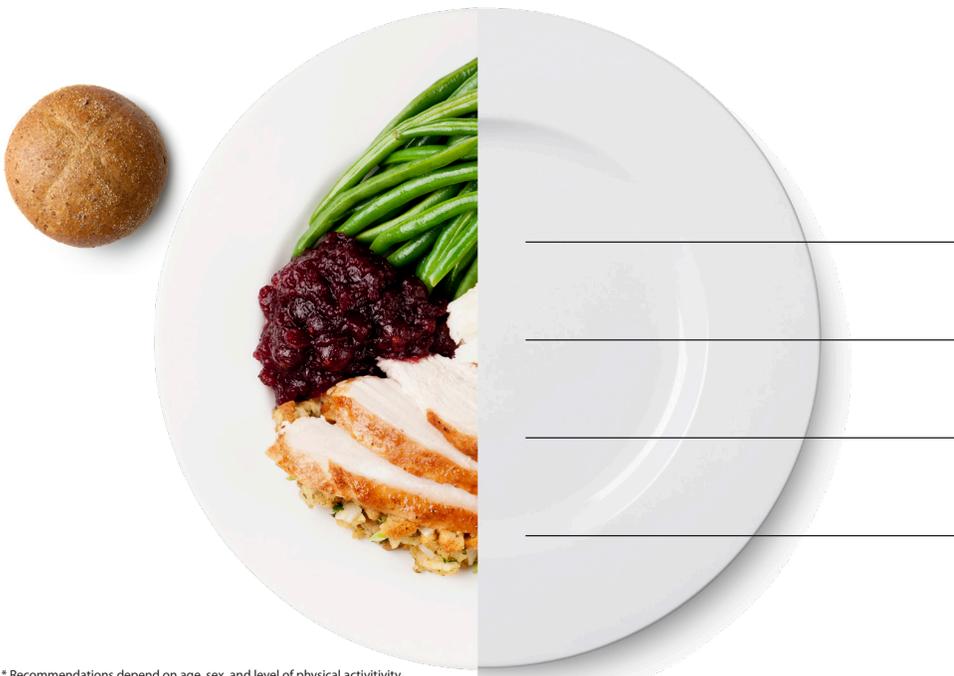
This Thanksgiving, fill half your plate with fruits and vegetables, and make it a more nutritious meal!

Read the paragraphs below, then follow the directions to create your own Thanksgiving dinner plate!

You know it's important to eat fruits and vegetables every day to stay healthy and strong. But how much should you eat? The USDA's ChooseMyPlate.gov website recommends 1½ cups of fruit and 2-2½ cups of vegetables per day for children ages 9 through 13.* But don't worry — you don't have to carry a measuring cup around with you to make sure you are getting what you need.

Just take a look at this chart to see what makes up ½ cup of some tasty fruits and vegetables. Then fill in your favorites on the Thanksgiving plate. Choose two fruits and two vegetables, and write them on the lines on the plate. Then check off more fruits and vegetables on the list until you've reached your recommended daily amount.

What counts as ½ cup of VEGETABLES?	What counts as ½ cup of FRUIT?
1 small tomato	1 medium avocado
1 small ear of corn	1 small orange
6 baby carrots	1 small banana
1 large stalk of celery	16 seedless grapes
1 small green pepper	4 large strawberries



* Recommendations depend on age, sex, and level of physical activity.

FAMILIES:

Try this at home! Add an extra helping of healthy flavor to your Thanksgiving meal. Fresh avocados are a heart-healthy fruit that provide naturally good fats, are low in saturated fat, and are cholesterol- and sodium-free. Try this recipe from Avocados from Mexico.



AVOCADO & BRUSSEL SPROUT SALAD WITH PUMPKIN SEEDS

- 1 medium, ripe Avocado From Mexico, chopped
- 1 lb brussels sprouts, trimmed, chopped coarsely
- 1 tb lemon zest
- 1 ½ tb lemon juice
- ½ tsp dijon mustard
- ¾ tsp siracha hot sauce
- 3 tb olive oil olive oil
- ¼ tsp kosher salt
- ¼ tsp black pepper
- 2 tb pumpkin seeds, toasted



INSTRUCTIONS

Preheat oven to 350 degrees F. Place Brussels sprouts in a single layer on a greased baking sheet. Bake in the oven for 10 minutes until slightly browned. Remove from the oven and cool for at least 10 minutes. Prepare the dressing: Whisk lemon zest, lemon juice, hot sauce and mustard in a small bowl. Slowly add olive oil, whisking to combine. Season with salt and pepper, to taste. Toss cooked Brussels sprouts with dressing and gently add chopped avocado and pumpkin seeds.