

# nutrition NEWSLETTER

April 2021

## The Facts About Fats

Dietary fats are essential for maintaining good overall health. Fat provides your body energy, protects your organs, supports cell growth, keeps cholesterol and blood pressure under control, and helps with absorption of important vitamins and minerals.

**Limit Saturated Fat**—This fat is often referred to as the “bad” fat. Primarily found in animal products like beef, pork, margarine, cream, and cheese. High amounts of saturated fats are also found in pastries, baked foods like pizza, and hamburgers.

**Unsaturated Fat**—There are 2 types of healthy fats, mono- and poly-unsaturated fats. Monounsaturated fats are found in avocados and nuts and seeds, as well as plant oils like olive and canola. Polyunsaturated fats include omeg-3 and omeg-6 fatty acids. Examples of these foods are plant-based oils, nuts and seeds, and fish like mackerel, herring, and trout.

## Featured Healthy Fat: Avocados

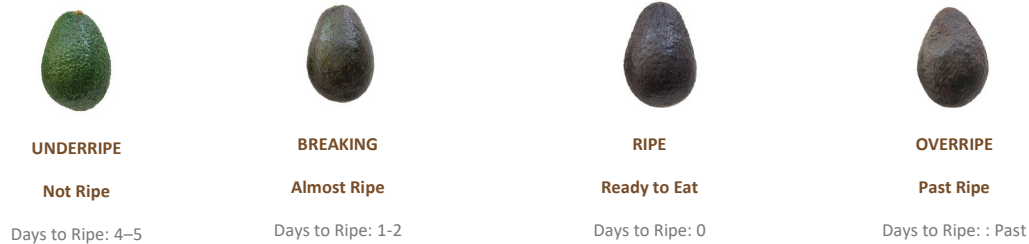
- ◆ Avocados are a nutrient-dense source of mono-unsaturated fatty acids, rich in vitamins, minerals, insoluble fiber, phytosterols, and polyphenols.
- ◆ Avocados are great for Heart Health! Consuming 1 avocado per day can reduce LDL (bad) and total cholesterol.
- ◆ Some other healthy fat options to included in your diet:
  - Nuts like walnuts and almonds
  - Fish such as salmon and tuna
  - Seeds. Try flax and chia
  - Nut Butters like almond, cashew, and peanut
- ◆ Be Mindful! Low-fat foods often tend to be higher in added sugar, sodium or artificial flavors, to maintain a similar taste.



## How to Know When an Avocado is Ripe

Avocados do not ripen on the tree; they ripen or “soften” after they have been harvested. Although skin color can help in the initial visual selection of avocados, the best indicator for ripeness is pressure. Color, at times, is misleading as avocado “softening” can occur at a varying rate, independent of the color.

### How to Pick the Best Avocados



**Step 1:** Take a look at the chart above. When comparing a group of avocados check the outside color of the skin of the avocados for any that are darker in color than the others. These may be riper than avocados with lighter skin.

**Step 2:** Place the avocado in the palm of your hand and gently squeeze without applying your fingertips as this can cause bruising.

**Step 3:** If the avocado yields to firm, gentle pressure you know it’s ripe and ready to eat. If the avocado does not yield to gentle pressure, wait a couple more days. If the avocado feels mushy or very soft to the touch, it may be very ripe to overripe.

## Avocado Turkey Chili Stuffed Sweet Potatoes

### Ingredients: serves 4

1 ripe fresh avocado, halved, pitted, peeled, and cubed

4 medium sweet potatoes

1 Tbsp. olive oil

1/2 cup diced red bell pepper

1 garlic clove, minced

3/4 tsp. ground cumin

1/2 tsp. dried oregano

1/4 tsp. salt

8 oz. ground white-meat turkey

1 (14 oz.) can petite diced tomatoes in juice

1/4 cup grated cheddar cheese (optional)

### Instructions:

1. Heat oven to 400 F.
2. With a fork, pierce sweet potatoes all over several times. Place on a baking sheet lined with aluminum foil; bake until soft and fork tender, about 45 minutes.
3. Heat oil in a deep skillet over medium heat. Add onion and pepper and cook, stirring occasionally, until tender, about 5 minutes. Stir in garlic, cumin, oregano, and salt.
4. Add turkey: cook, stirring and breaking it up with a spoon until no longer pink., 3 to 5 minutes. Stir in tomatoes. Reduce heat to medium-low; cover and cook 20 minutes.
5. Remove from heat and stir in avocado. Slice baked sweet potatoes lengthwise just until open. Fill with turkey mixture.

**Nutrition Facts:** Serving; 1 medium potato, Calories 328, Total Fat 15 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 39 mg, Sodium 549 mg, Carbs 35 g, Total Sugars 11 g, Protein 15 g



FOR MORE INFORMATION, PLEASE CONTACT:

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