

AVOCADO

As A Healthy Replacement

In Your Pregnancy Meals



Use avocado instead of butter to spread on your fresh toast.



Have your salads with sliced avocado instead of bacon for a good fat intake.



If you're craving some chips, choose easy-to-make crispy avocado fries instead of potato chips.



Use avocados to make sauces instead of buying those made with mayonnaise.



Make your smoothies creamy with avocado instead of processed yogurt or heavy cream.



Have mashed avocados instead of mashed potatoes with your steak, chicken, or tuna.