



Welcome to this week's edition of Performance Matters. Our topic is nutrition this week and we're focusing on one particular superfood.

THE MIGHTY AVOCADO



Did you know that the avocado is actually a fruit?

Interesting nutrition facts:

- Avocados contain more potassium than bananas (2x)
- A great source of fiber
- Very low in sugar
- Packed with vitamins (K, B5, B6, C)
- Contain "good fats" that can help lower your risk for heart disease

As you can see, avocados provide us with many nutrients AND they taste great! Next week, we'll dive into some healthy avocado recipes.

Make healthy choices by eating right and I'll see you at the ballpark this weekend.

Faithfully Fit,

Keith Franus