



# AVOCADOS AT THE CENTER OF THE NEW FOOD PYRAMID

The 2025–2030 Dietary Guidelines for Americans prioritize whole, nutrient-dense foods, including protein, dairy, vegetables, fruits, whole grains and healthy fats. Avocados From Mexico® is the only supplier that provides year-round availability to meet America’s growing avocado demand.



**A reliable Mexican avocado supply helps make America’s healthy diet possible.**  
Learn more at [avocadoinstitute.org](https://avocadoinstitute.org)