

AVOCADO

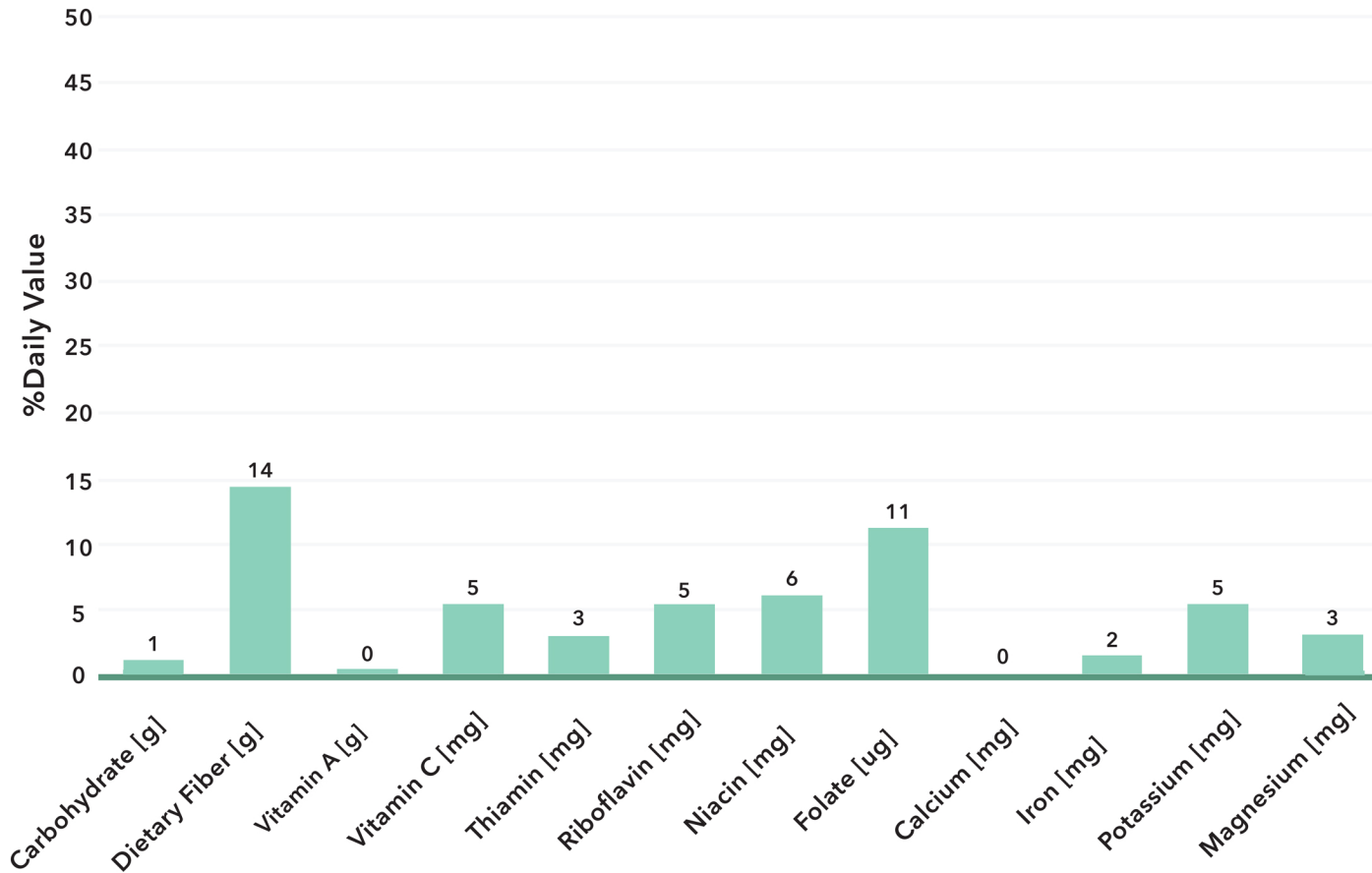


ALAGETA

AVOCADO / ALAGETA

(CHamoru Name)

Persea americana



*PERCENT DAILY VALUE (%DV) IS BASED ON A 2,000 KCAL DIET

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SEASON

Peak availability
April through
September,
Moderate
availability
January through
October

DID YOU KNOW?

The skin of an avocado can be toxic to cats & dogs. Most pets, except birds, can eat the inside (flesh).

Graph based upon
USDA Database nutrient
composition for 1/3
avocado (50 g)

