

**Guacamole: Fights Hunger, Cholesterol and Cancer**  
**--Using all natural guacamole as a dip or condiment is healthy eating--**  
- (National Guacamole Day – September 16 , November 14 )-

September 10, 2007 – Dallas, TX – Embrace the green stuff and forget old-school thinking-- avocados are great for you.

Ounce-per-ounce they're packed with nutrients—touting 60 percent more potassium than bananas—and loaded with lutein which protects against prostate cancer and eye diseases says the food scientist at Wholly Guacamole, the leading guacamole maker in the U.S., [www.whollyguac.com](http://www.whollyguac.com).

Studies show that their “good fats” effectively reduce cholesterol levels. And now, researchers at Ohio State University's Comprehensive Cancer Center say that avocados have cancer fighting power, against oral cancer and possibly other types of cancer.

Guacamole was originally invented by the Aztecs as a nutritious snack. In fact, three tablespoons of all natural guacamole with a hand full of carrots has just 94 calories—that's less than a cup of low-fat milk!

Can't cook? You can find great guacamole in your grocery's produce or fresh deli section. Look for guacamole touting all-natural ingredients—made from fresh avocados. Whether you dip it or spread it, adding guacamole is better than butter, sour cream or ranch. And because it's made with fruit, guacamole counts towards your “5-A-Day” to stay healthy plan.

**For silly snacking fun...** serve some guacamole giggles and pretend you're eating Magical Green Goo or Monster Poo. For a quick snack, try a plate smeared with guac as “grass” and add cherry tomato halves and carrots for “lady bugs and worms.”

**Emerald Ocean Sailor Snack**

**Prep: 10 minutes**

**Ingredients**

- 1 red pepper
- 2-8 oz all-natural, Wholly Guacamole
- Thin pretzel sticks
- Cheese slices

1. Cut pepper in half (or quarters for lighter fare) and remove seeds.
2. Fill “boats” with guacamole. Smear some on plate to keep your boat secure.
3. Sink a pretzel “mast” into each boat, add cheese triangles to sides for sails. (Use guac to stick slices together)
4. Cut a small triangle of pepper and spear with a pretzel to make a flag. AHOY!

**About.** As makers of the top selling guacamole in the U.S., our new name reflects what's inside—it's Wholly Guacamole. Our Fresherized™ process ensures the all natural ingredients safely packed into each bag retain their authentic “made-from-scratch” flavor and deliver the healthy “wow” your mouth is craving. Look for our festive new box. [www.whollyguacamole.com](http://www.whollyguacamole.com).

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