

Supplement Table S1. Hass avocado nutrition facts.

	Hass avocado, Whole	Hass avocado, Half
Weight (g)	136	68
Calories (kcal)	217.6	108.8
Fat Calories (kcal)	179.4	89.7
Saturated fat Calories (kcal)	26.0	13.0
Protein (g)	2.7	1.4
Carbohydrate (g)	11.6	5.8
Fiber (g)	9.1	4.6
Sugar (g)	0.9	0.5
Fat (g)	19.9	10
Saturated Fat (g)	2.9	1.5
Monounsaturated Fat (g)	13.3	6.7
Polyunsaturated Fat (g)	2.5	1.2

Source: USDA Nutrient database

(<https://ndb.nal.usda.gov/ndb/foods/show/09038?fgcd=&manu=&format=&count=&max=25&offset=&sort=default&order=asc&qlookup=Hass+Avocados&ds=&qt=&qp=&qq=&qn=&q=&ing=>, accessed April 22, 2019)