



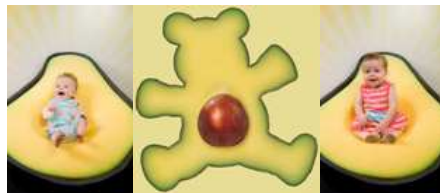
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## News

### Babies Love Aussie Avos - 17/05/2011

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When it comes to a baby's health, variety is the spice of life. If your baby has started eating solids, avocado is one of the most nutrient packed and tasty foods they can eat. They will love the texture and creaminess and as well as being completely unprocessed, avos are full of beneficial fats, vitamins and minerals.

This weekend, Australian Avocados will be returning to the 'Pregnancy, Babies & Children's Expo' at the Sydney Showground Exhibition Centre, Sydney Olympic Park. The expo sources the best early childhood expert advice, parenting tips and product innovations to help guide parents to make informed choices on what's best for their child as they grow and develop.

Babies, toddlers and young children will love tasting the yummy spoonfuls of ripe mashed avocado on offer, while parents and older siblings will be amazed at how delicious avocado sprinkled with a pinch of salt, pepper and a squeeze of lemon juice can be.

"Avocados are a brilliant food for your baby's health and development. The monounsaturated fats found in avocados are needed for your baby's brain and nervous system, as is vitamin B also found in avocado which is vital for your baby's neural retention" commented avocado nutritional spokeswoman Zoe Bingley-Pullin, who will be attending the expo to educate parents about the benefits of eating avocado. For more information about the nutritional benefits of avocado and hundreds of avocado recipe ideas please visit [www.avocado.org.au](http://www.avocado.org.au)

The Australian Avocados 'Cutest Baby Competition' will once again be kicked off at this amazing event. At the last expo, which took place in Melbourne, parents blocked the aisles of the convention centre lining up to have their two to six month old babies professionally photographed sitting in the seed pocket of a Hass avocado. More than 250 babies were entered into competition with over 2200 votes being cast before voting closed. This time it's Sydney's turn to show off their cutest babies!

"The response Australian Avocados received at the 'Pregnancy, Babies & Children's Expo' in Melbourne was absolutely incredible. We are very optimistic that this time around parents in Sydney will equally love a visit to the Australian Avocados booth" said Mr Antony Allen, CEO of Avocados Australia.

Visit Australian Avocados at the 'Pregnancy, Babies & Children's Expo' from Friday 20th May to Sunday 22nd May at the Sydney Showground Exhibition Centre, Sydney Olympic Park. Doors open at 10am.



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[avocado.org.au](http://avocado.org.au)

For further comment please contact:

Antony Allen - CEO, Avocados Australia  
M: 0438 132 477, E: [ceo@avocado.org.au](mailto:ceo@avocado.org.au)

Zoe Bingley-Pullin - Nutritional Spokeswoman for Australian Avocados  
M: 0417 048 789, E: [zoe@nutritionaledge.com.au](mailto:zoe@nutritionaledge.com.au)

Courtney Vane - Communications Officer, Avocados Australia  
P: 07 3846 6566, M: 0488 384 222 E: [co@avocado.org.au](mailto:co@avocado.org.au)

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Avocados Australia Limited is the Peak Industry Body in Australia for Avocados. We are a "not for profit" membership based organisation. Our members are Avocado growers along with associated businesses and industry people.

Avocados Australia seeks to work with all parts of the chain from production through to the consumer. By working together we seek to continually improve the ability of growers to provide a healthy, profitable and safe product for all consumers. As part of this continual improvement we guide a "research & development" and "marketing and promotion" program for the Australian Avocado industry.

The Australian Avocado industry comprises 1100 growers across the country and produces 49,500 tonnes of Avocados each year worth **\$AUD180 million at farm gate and \$430 million at retail level.**

Key growing areas are North, Central and Southeast Queensland, Northern and Central New South Wales, the Sunraysia or Tristate area (South Australia, Victoria and South Western New South Wales) and Western Australia.

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