



## SMART SNACKING & FLAVORFUL NUTRITION WITH iYO QUIERO!

### GUACAMOLE: A HEART-HEALTHY SUPERFOOD

- **Rich in Healthy Fats** – Supports heart and brain health.
- **Boosts Nutrient Absorption** – Enhances absorption of vitamins A, D, E, and K.
- **High in Fiber** – Promotes digestion and keeps you full longer.
- **Packed with Antioxidants** – Supports skin, eye health, and immunity.
- **Enjoy it:** As a dip, spread, topping, or mix-in for dressings and bowls.



### SALSA: A FRESH & FLAVORFUL ANTIOXIDANT BOOST

- **Loaded with Lycopene** – A powerful antioxidant for heart health.
- **Supports Immunity** – Rich in vitamin C from tomatoes, peppers, and citrus.
- **Aids Digestion** – Onions and garlic promote gut health.
- **Low-Calorie Flavor** – A delicious way to add nutrients without extra fat or sugar.
- **Enjoy it:** With veggies, eggs, tacos, grilled proteins, or as a soup mix-in.

### BEAN DIP: A PROTEIN & FIBER POWERHOUSE

- **High in Plant-Based Protein** – Fuels muscles and keeps you full.
- **Supports Gut & Heart Health** – Fiber aids digestion and supports cholesterol levels.
- **Helps Balance Blood Sugar** – Complex carbs provide steady energy.
- **Iron & Magnesium-Rich** – Supports energy and overall wellness.
- **Enjoy it:** With whole-grain crackers, as a spread, or in wraps and salads.



### WHY iYO QUIERO!?

- **Wholesome Ingredients** – Fresh, simple, and nutritious.
- **Big on Flavor, Low on Guilt** – Packed with benefits, not empty calories.
- **Easy & Versatile** – Perfect for quick snacks, meals, and entertaining.
- **Fuel your day** with delicious, nutrient-rich dips from iYo Quiero!

