



SCRUMPTIOUS SUPER-FOOD

mango

Mangoes are bursting with protective nutrients and a one-cup serving is just over 100 calories!

Mangoes are an excellent source of vitamins A and C. One mango provides more than 100 percent of the recommended dietary allowance of both vitamins for children ages 1-8. Mangoes also contain potassium, fiber and antioxidants. Eating more fruit like mango can reduce your risk of high blood pressure, heart disease and stroke.

Did you know?

- Mangoes are related to cashews and pistachios.
- Mangoes were first grown in India over 5,000 years ago.
- Mangoes are reportedly the most widely consumed fruit in the world.

Florida mangoes are available from late May to October depending upon the variety and season. The peak season is generally from mid-June to mid-August.

Shopping, Preparing and Storing

- Ripe, unpeeled mangoes can be kept in the refrigerator for four to five days.

Cooking Tips

- The sweet flavor of mangoes make them excellent ingredients in pies, cobblers, muffins and dessert breads.
- Mangoes serve as delicious additions to salads, smoothies and salsas or as a complement to meat dishes, especially in Indian cuisine.
- Mangoes have natural tenderizing properties, making them a perfect ingredient for marinades.
- One medium mango contains approximately two cups of edible fruit.

MANGO SALSA

- 3 large ripe mangos, diced
- 2/3 cup red bell pepper, diced
- 1/3 cup red onion, diced
- 1 tablespoon cilantro, diced
- 2 tablespoons fresh lime juice
- 1 tablespoon olive oil
- 1 medium jalapeno pepper, stemmed, seeded, and minced



1. Mix ingredients together in a bowl.
2. Serve with whole-grain tortilla chips or as a topping for grilled fish or chicken or quesadillas.



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FRUITS

Make most of your choices whole or cut fruit instead of juice.

VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

GRAINS

Make at least half of your grains whole grains.

DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.