

# NUTRITION



## F A C T S H E E T

### Mangos: Tropical Indulgence and Antioxidant-Rich

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Mangos are a fresh, natural way to satisfy cravings for an indulgent treat with the added bonus of good-for-you nutrients. If you've never experienced a mango, now's the time to try one.

#### **Mango Facts**

The versatile mango is one of the world's most popular fruits. The many varieties of mangos each have their own unique flavor, texture, aroma and color. In the U.S., six varieties make up the bulk of mangos available at grocery stores: Ataulfo, Francine, Haden, Keitt, Kent and Tommy Atkins. Currently, Tommy Atkins is the variety that is widely available in the U.S. All six varieties have overlapping seasons, so mangos can be enjoyed year-round.

#### **Dietary Guidelines**

Adding mango to your diet is an easy way to eat more fruit, while enjoying naturally sweet, tropical flavor. The *2005 Dietary Guidelines for Americans* encourages everyone to eat more fruits and vegetables. Most adults need about 2 cups of fruit each day. One-half cup of fresh fruit is considered one serving. When sliced, a fresh mango yields about two servings. By eating one mango, you are well on your way to meeting this goal!

#### **Essential Nutrients Fresh from the Tropics**

Mangos are rich in vitamin C and beta carotene, both essential antioxidant nutrients. Antioxidants help protect the body from damage caused by free radicals that are present in the environment and naturally produced by the body. Consuming an antioxidant-rich diet may help protect the body from chronic diseases such as heart disease and certain types of cancer.

Vitamin C plays a vital role in supporting immune function, growth and repair of tissues throughout the body and wound healing. Beta carotene is converted to vitamin A by the body. Vitamin A contributes to healthy vision as well as healthy bones, skin, teeth and other tissues. Like vitamin C, vitamin A plays an essential role in immune function.

One cup of sliced mango (equal to two servings of fruit) has only 110 calories and is naturally free of fat, cholesterol and sodium. Mangos are a good source of dietary fiber with one cup of sliced mango providing 3 grams. That's 12% of the total fiber needed in a single day. Low-fat, high-fiber diets containing fruits, vegetables and grain products are associated with a reduced risk of some types of cancer.

#### **Don't Judge a Mango by Its Color**

Fresh mangos come in all shades of green, yellow and red, with many mangos showing more than one color on their skin. When choosing a mango, don't focus on just the skin/peel color—it's not the best indicator of ripeness. A ripe mango will have a slight "give" when gently squeezed. If you're looking for a mango that you can eat today, choose one that is slightly soft. A firmer mango would be a good choice if you plan to eat it several days from now.

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## How to Store and Handle Fresh Mangos

To ripen mangos, keep them at room temperature. They will continue to ripen, becoming sweeter and softer over several days. Once ripe, you can move mangos to the refrigerator until you're ready to eat them. Whole, ripe mangos may be stored for up to five days in the refrigerator. Never refrigerate mangos before they are ripe.

## Easy as One, Two, Three

Cutting a mango is really quite simple. A mango has a long, flat seed in the center of the fruit. Once you learn how to work around the seed, the rest is easy.

Always wash the mango before cutting and use a clean knife and cutting board.

The slice and scoop method is an easy way to cut a mango:

- 1) Stand the mango on your cutting board stem end down and hold. Place your knife about ¼-inch from the widest center line and cut down through the mango. Flip the mango around and repeat this cut on the other side. The resulting ovals of mango flesh are known as the "cheeks." What's left in the middle is mostly the mango seed.
- 2) Cut parallel slices into the mango flesh, being careful not to cut through the skin.
- 3) Scoop the mango slices out of the mango skin using a spoon.

## Full-Flavor Nutrition

Sliced fresh mangos can stand alone as a delicious, convenient, antioxidant-rich snack. But when it comes to recipes, there's nothing like the versatile flavor of fresh mango. Its tropical essence adds pizzazz to otherwise ordinary dishes.

### SPINACH SALAD WITH MANGO VINAIGRETTE

Mango's intense flavor adds a taste of paradise to your favorite salad, without adding additional fat.

Makes 6 servings

**Prep time:** 15 minutes

- 1 (10-ounce) bag baby spinach
- 1 ½ large ripe mangos, peeled, pitted, and cubed
- 1 medium tomato, cored, seeded and finely chopped
- ½ cup toasted, chopped walnuts
- ½ cup sliced green onions
- ½ cup crumbled blue cheese
- Mango Vinaigrette (recipe follows)
- Freshly ground pepper to taste

#### Mango Vinaigrette:

Combine ½ peeled and pitted mango, 3 tablespoons extra virgin olive oil, 3 tablespoons white balsamic vinegar and ¼ teaspoon salt in a blender container or small food processor; blend until smooth. (May be made several days ahead and refrigerated until ready to serve.)

Place spinach, mango, tomato, walnuts and green onions in a large bowl. Drizzle with Mango Vinaigrette and toss well to coat. Add blue cheese and toss again very lightly. Serve immediately with freshly ground pepper.

#### Nutrition per serving:

194 calories, 5 g protein, 17 g carbohydrate, 13 g fat, 6 mg cholesterol, 244 mg sodium, 2 g fiber

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For recipes, tips, and a video showing how to cut a mango, visit:

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