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NUTRITION AND YOU...MANGOES

FOOD FOR THOUGHT

With over 1,000 different varieties worldwide, mangoes come in many different shapes, sizes, and colors. All mangoes have a rich tropical flavor when they are ripe. To prepare a mango, the first step is to cut off both ends of the fruit with a sharp knife. Next, place the fruit on the flat end and cut the fruit into slices, making sure to avoid the large pit.

SHOP SMART

Fresh mangoes are available year-round in Ohio, but you can find the best quality from April through September. When Shopping for ripe mangoes look for a yellow-orange or red blush on the skin and a sweet smell. It is best to avoid mangoes with green-gray skin because they will not ripen properly. A mango with a loose or wrinkled skin means its past its prime. You can also buy sliced mango frozen or dried in many stores.

EAT HEALTHY

Mangoes are:

- Low in fat
- Low in calories
- Cholesterol free
- An excellent source of vitamin C
- And excellent source of vitamin A



Note: 1 cup sliced mango provides 1 cup of your daily fruit requirement.

KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food.
- Wash fresh mangoes under running water before eating or cutting them.
- Prepare only as much fruit as you can use, and store the remaining amount in the refrigerator.
- To speed ripening, place two mangoes in a paper or plastic bag.
- Ripe mangoes will stay fresh in the refrigerator for two to three days.

Your Local Story here:

18 pt Arial Bold Headline

Text in 11 pt. Arial Regular



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES

RECIPE

Mango Shake

Ingredients:

2 cups low-fat milk
1 fresh pitted mango
1 small banana
2 ice cubes

Instructions:

Put all ingredients into a blender. Blend until foamy. Serve immediately.

Nutrition Facts – Mango Shake

Cost: Per Recipe: \$ 1.06

Per Serving: \$ 0.27

Serving Size: ¾ cup (1/4 of recipe)

Calories: 80

Calories from Fat: 10

Per Serving	% Daily Value*
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Total Fat – 1.5 g	2%
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Saturated Fat – 1 g	5%
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Dietary Fiber – 1 g	4%
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Sodium – 55 mg	2%
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Sugars – 11 g	
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Protein – 4 g	
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*Percent daily value
Based on a 2,000
calorie diet. Your
daily values may
be higher or lower
depending on your
caloric needs.

FOCUS ON FITNESS

It's summer time! Take the kids to the local pool, or turn on a sprinkler and splash around in the water with them. You'll burn calories and have fun at the same time!



REFERENCES

- United States Department of Agriculture, ChooseMyPlate
choosemyplate.gov/
- Centers for Disease Control and Prevention
fruitsandveggiesmatter.gov
- Centers for Disease Control and Prevention
fruitsandveggiesmatter.gov/health_professionals/food_safety.html
- The Wellness Encyclopedia of Food and Nutrition, The University of California at Berkeley, 1992
- United States Department of Agriculture, SNAP-Ed Connection
recipefinder.nal.usda.gov/

REMEMBER:

Fresh fruit can be added to salads, side dishes, main dishes, and desserts to give foods a boost of flavor and nutrition.

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