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 topical 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 it is 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.
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

<table>
<thead>
<tr>
<th></th>
<th>Per Serving</th>
<th>% Daily Value*</th>
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</thead>
<tbody>
<tr>
<td>Total Fat – 1.5 g</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat – 1 g</td>
<td>5%</td>
<td></td>
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<tr>
<td>Dietary Fiber – 1 g</td>
<td>4%</td>
<td></td>
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<tr>
<td>Sodium – 55 mg</td>
<td>2%</td>
<td></td>
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<tr>
<td>Sugars – 11 g</td>
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<tr>
<td>Protein – 4 g</td>
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</tbody>
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Cost: Per Recipe: $ 1.06  Per Serving: $ 0.27

Serving Size: ¾ cup (1/4 of recipe)

Calories: 80  Calories from Fat: 10

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.