



Mango

Health Benefits of Mango

This tropical fruit is refreshing and nutritious, with a creamy texture and a bold sweetness earning it the title “King of Fruits.”

1 cup raw mango provides:

- 99 Calories, 1.4 gm protein, 3 gm fiber, 0.4 gm fat, no cholesterol

Potential benefits of consuming mangos:

- Excellent source of antioxidants vitamin C, E and several varieties of carotenoids (beta-carotene, lutein, quercetin, ellagic acid) that boost immune function, protect against aging and disease
- Contains B vitamins for metabolism; B6, potassium & magnesium lower homocysteine and blood pressure for heart health
- Rich in prebiotic and soluble fiber which helps control blood sugars and lower cholesterol
- The peel is edible and contains carotenoids, fiber, vitamin E and small amounts of healthy omega-3 fatty acids
- Enjoy sliced, pureed or dried for a sweet, healthy treat

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Mangos are tropical fruit cultivated for over 4,000 years from India and China, to Brazil, Mexico and the US. They come in a variety of skin colors from green to orange, to red, or a combination of all three. Inside, the flesh is a creamy, yellow-orange with a large stone or pit. It is not only delicious, but also boasts an impressive nutrition profile. This could be why mangos are called “The King of Fruits.”

WHAT MAKES MANGOS GREAT?

Nutrition

The most notable nutrient in mangos is vitamin C. A one-cup serving of cubed mango has nearly 100% of the daily vitamin C requirement for an adult. Mangos are also packed with many other powerful antioxidants that work together to fight free radicals and protect us from aging and disease.

Antioxidants

◆ **Vitamin C**

- ◇ Water-soluble vitamin
- ◇ Unlike animals who can make their own vitamin C, humans must consume vitamin C from foods on a daily basis
- ◇ Required for making collagen for healthy skin and connective tissue, and important for wound-healing
- ◇ Involved in protein metabolism, and synthesis of neurotransmitters
- ◇ Important role in immunity, prevention of scurvy and absorption of non-heme iron

◆ **Beta Carotene**

- ◇ Water soluble vitamin must be consumed on a daily basis
- ◇ A type of retinol (precursor to vitamin A) which includes several types of carotenoids
- ◇ Carotenoids are responsible for the bright colors of our fruits and vegetables
- ◇ Keeps skin, eyes and immune system healthy
- ◇ Fights to protect DNA

◆ **Polyphenols**

- ◇ Produced by plants to defend themselves against UV radiation, insects and other pathogens
- ◇ More than 8,000 identified; include flavonoids which are also responsible for color
- ◇ Inhibit buildup of arterial plaque and prevention of blood clots reducing risk of heart attack and stroke
- ◇ *Mangiferin*, one particularly powerful polyphenol, is not only an antioxidant, but known to be anti-microbial, antidiabetic, antiallergic, modulates immune function and lowers cholesterol

◆ **Vitamin E**

- ◇ Category of vitamin E includes 8 different forms (alpha, beta, gamma, etc)
- ◇ Fat soluble vitamin; Stops free radicals formed during the metabolism of fat
- ◇ Important for protein synthesis, cellular signaling, gene expression and the health of the artery linings

◆ **Vitamin K**

- ◇ Fat-soluble vitamin involved in blood-clotting, bone metabolism and antioxidation

B vitamins

- ◆ B vitamins play multiple roles in cellular metabolism, cell growth, creating new blood cells and maintaining healthy immune system
- ◆ Mangos are good sources of B6 important for red blood cell formation, and folate for making both red and white blood cells, DNA and RNA



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Minerals

- ◆ Mangos are high in potassium and very low in sodium which helps maintain healthy blood pressure
- ◆ Good source of magnesium important for muscle contraction, nerve function and maintaining normal heart rhythm
- ◆ Contain 10% of daily copper requirement which works with iron to form red blood cells, maintain healthy blood vessels and nerves, and assist with immune function

Fiber

- ◆ Mangos are a good source of both insoluble and soluble dietary fiber
 - ◇ Insoluble fiber, being indigestible, helps move food through the digestive tract; Reduces risk of constipation, hemorrhoids, diverticulosis and colon cancer
 - ◇ Soluble fiber forms a gel in the digestive tract and is helpful to regulate blood sugar absorption and release of insulin, and to bind cholesterol for elimination

BUYING AND USING MANGOS

Judge ripeness of mangos by the feel, not the color. A ripe mango will be firm with a slight give, similar to peaches or avocado. Since they are imported, most mangos are hard and will ripen at home by placing in a closed paper bag at room temperature for 2 days.

When cutting into the mango, remember that there is a large pit in the center. You can use a peeler to remove the skin, or leave the skin on. Cut off a small piece of the bottom and set it flat on the cutting board. Slice of ¼ inch sections until you reach the pit and rotate to the other side. Then slice into cubes. If you leave the skin on, you can scoop out the flesh with a spoon.

The mango peel is edible and contains carotenoids, fiber and vitamin E, but is usually removed. Toss the skins into your smoothies for added nutrition.

REFERENCES

ODS.OD.NIH.gov vitamin fact sheets
 Urmc.rochester.edu
<https://www.ncbi.nlm.nih.gov/pmc/articles/Mango.orgPMC5414237/>

Mango Salsa

Recipes adapted from *Mango.org*

Ingredients:

- 2 large mangos, diced
- 1 small handful cilantro, finely chopped
- 1 jalapeno, finely diced
- 1/3 cup red onion, finely diced
- 1 lime, juiced

Directions:

1. Combine all ingredients together and mix.
2. Ready to serve.
3. Store in airtight container in the refrigerator 3-5 days.

Avocado & Mango Salad

Ingredients:

- 2 large mangos, diced
- 4 oz spring mixed greens
- 2 large avocados, peeled, seeded, sliced
- 1/2 red pepper, diced
- Edible flowers as desired (Begonia, borage, calendula, chicory, chives, chrysanthemum, cilantro)

Dressing:

- White Balsamic Vinaigrette
- shallot, minced
- 3 oz white balsamic vinegar
- 4 oz extra virgin olive oil
- Salt and pepper to taste

Mango Smoothie

Lovingitvegan.com

Ingredients:

- 2 large mangos, sliced, pit removed
- 3 frozen bananas

Directions:

1. Blend mango & bananas in a high-speed blender.
2. Enjoy immediately.