

Mango

Hello Families,

Pick a **better** snack™ is a program from Iowa State University Extension and Outreach Cerro Gordo County. Each month 2nd grade students learn about a variety of snacks and healthy living.

To learn more about mango, watch Eating Healthy with Michelle – Lesson 13. The video can be found at <https://www.youtube.com/watch?v=2R4higl-R5M&feature=youtu.be>.

For more facts and recipes check out:

IDPH Pick a Better Snack <https://idph.iowa.gov/inn/pick-a-better-snack>

Spend Smart. Eat Smart. <https://spendsmart.extension.iastate.edu/>

Happy snacking! – Michelle Schubert

Facts

- Mango is the most popular fruit in the world.
- The taste resembles a mix of oranges, peaches, and pineapples.
- India is the largest producer of mangoes.
- Immature mangoes have a green skin. As they mature they gradually turn yellow, red, orange, purple, or a combination of colors.
- Mango is a great source of:
 - Vitamin A – helps our eyesight
 - Vitamin C – gets rid of germs in the body, heals cuts and bruises, and heals our skin.
 - Fiber – helps our digestive system.



How to Pick 'Em

- Choose mangoes that are:
 - Firm
 - Yellow to red color
 - Smooth skin
 - Smell sweet
- Avoid mangoes that are wrinkled or sticky to the touch.
- Judge the ripeness of the mango by feel, not color.
- Mangoes ripen at room temperature.
- Once ripe, mangoes can be stored in the refrigerator for up to five days.

Try it at Home

- Mangoes are usually peeled and eaten raw.
- Available fresh, frozen, canned, and dried.
- Mangoes can be added to salads, jams, chutneys, sauces, salsas, smoothies, and desserts like cakes and pies.
- Add as a topping to yogurt, pancakes, french toast, and ice cream.

Mango Salsa

- 1 mango (peeled, pitted, and diced)
- 1/2 small red onion, diced
- 1 tablespoon fresh cilantro, chopped (optional)
- 1/4 teaspoon salt
- Juice of 1 lime

Directions:

1. Combine all ingredients in a bowl and stir to mix.
2. Serve immediately or cover and refrigerate.

Recipe from: Spend Smart. Eat Smart.

<https://spendsmart.extension.iastate.edu/recipe/mango-salsa/>



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