

# FRUIT SCOOPS

## Mangoes: The “Colorific Fruit”

by Elizabeth Pivonka, Ph.D., R.D.,  
President, Produce for Better  
Health Foundation

(NAPSA)—Mangoes, richly colored, juicy and wonderfully aromatic, bring a little bit of paradise to any eating occasion. If you have never eaten a mango, you



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have missed one of the most delicious fruits available in the market today.

Mangoes are considered sacred in India, the land of their origin. This popular fruit has a

thin, smooth skin that is green, yellow to red in color when ripe; and their flesh is a brilliant orange. They average one pound and are nicely oval in shape. Color is often an indication of nutritional value and mangoes are no exception. They are rich in vitamin A and a good source of vitamin C, important antioxidants. Mangoes are so delicious, colorful and aromatic that they make it easy to get your 5 or more servings of fruits and vegetables a day. Variety is essential and trying new foods is fun.

Mangoes are the perfect fruit to enjoy simply peeled and eaten *au naturel*. They also can be added to fruit salads for a touch of the tropics, arranged in a tart for dessert, layered in a parfait for breakfast, chopped and made into a chutney or fruit salsa or tossed into a blender for a quick milkshake or fruit smoothie. Mangoes are equally at home with other fruits, chicken, fish and lean red meats.

Choose fruit that is firm and free of blemishes and store it at room temperature until it smells wonderful and yields to gentle pressure when held in your hand. Mangoes are in season May to September, but imported mangoes are available the remainder of the year.



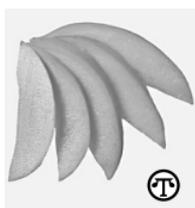
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the stem. Cup the mango half in your hand, and peel the skin from the flesh with a small, sharp knife. Or, score the flesh of each half in

Mangoes have a long, narrow seed inside. To cut, hold the mango with the narrow side facing you. Slice lengthwise about 1/2 inch on each side of



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from the pit in thin slices and use as desired. Do not eat the skin.

For more information on mangoes, 5 A Day and other fruits and vegetables visit: [www.fsproduce.com](http://www.fsproduce.com), [www.5aday.com](http://www.5aday.com) or [www.aboutproduce.com](http://www.aboutproduce.com).

### Mango Milkshake

**Mangoes make this a rich, thick shake that you will find yourself making again and again.**

- 1 cup mango, fresh and cut in small slices—about 1 cup
- 1 cup 2% milk, chilled
- 1 tablespoon sugar
- Sprinkle of cinnamon

**Combine all ingredients in a blender and whirl until smooth. Pour into a tall glass. Serve chilled. Serves one.**

**Nutrition Analysis (1 serving): Nutrients per serving: Calories 291; Protein 11g; Fat 5g; Calories from Fat 16 %; Carbohydrate 54g; Cholesterol 19mg; Fiber 3g; Sodium 147mg.**



Note to Editors: Forty-eighth in a series of monthly 5-A-Day columns. For previous stories featuring other fruits and vegetables go to [www.napsnet.com](http://www.napsnet.com) and search: “Pivonka.”