

Marvelous Mangoes

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(NAPSA)—As the weather heats up, cool, refreshing smoothies just seem to hit the spot. Mangoes, whirled with frozen yogurt and a dash of honey, make a delicious, aromatic tropical treat. Richly colored and bursting with fiber, vitamin C, vitamin A, calcium and protein, mango smoothies are a wonderful way to start the day.



Pivonka

Mangoes come in a variety of colors ranging from yellow with a red blush to all green. It's easy to tell when the fruit is ripe if you use your nose. Choose mangoes that have a full, fruity aroma at the stem end; they also should yield a little to gentle pressure. Mangoes have a long, narrow seed, so slice lengthwise about 1/2-inch on each side of the stem. Peel the skin off or score the flesh of each half in squares, cutting to the skin, but not through. Turn the mango "inside out" and cut the squares from the skin. Do not eat the skin. Mangoes make great fruit salsas that go well with shrimp, chicken and fish. Whether blended in smoothies, tossed in salads, or enjoyed as a snack, juicy, succulent mangoes are a comfort food for all ages and tastes.

When it comes to using color as a guide to good nutrition, mangoes rank among the best. Richly colored with a nutrient profile to match, mangoes are a must on your list of fruits and vegetables. Half a mango, about two-thirds of a cup, offers up 70 calories, 2g dietary fiber, 46 percent daily value of vitamin C and 15 percent daily value of vitamin A, as well as a variety of disease-fighting phytochemicals. Most moderately active teens and adults



need about five cups of fruits and vegetables every day. Aim to fill half of your plate with fruits and vegetables at every meal, enjoy fruits and vegetables as snacks, toss in at least 30 minutes of physical activity and you will be well on your way to a healthy lifestyle.

For more information on mangoes visit the Fresh Produce Association of the Americas at www.freshfrommexico.com. For information about 5 A Day, visit www.5aday.org.

Mango Smoothie

- 2 medium fresh mangoes, skinned and cubed**
- 1 tablespoon honey**
- 1½ cup low fat vanilla yogurt**
- 1½ cup fat free vanilla frozen yogurt**
- ½ cup water**

Place all ingredients in a blender and blend until smooth.

Serves: 4

Nutritional Information per serving: calories: 244, total fat: 1.4g, saturated fat: 0.8g, % calories from fat: 5%, % calories from saturated fat: 3%, protein: 9g, carbohydrates: 51g, cholesterol: 7mg, dietary fiber: 2g, sodium: 116mg.



Note to Editors: Eighty-seventh in a series of monthly 5-A-Day columns. More stories at www.napsnet.com and search: "Pivonka."