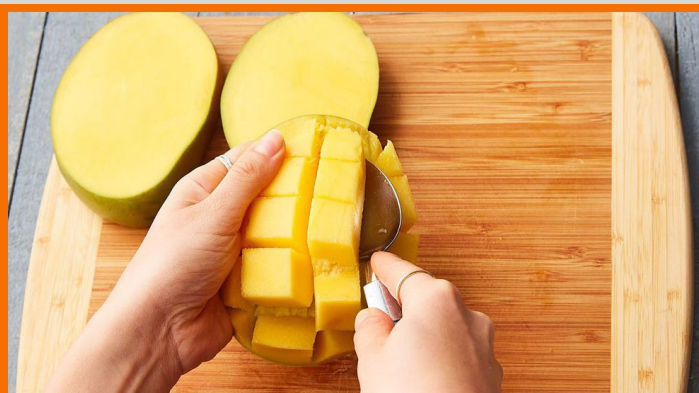


MANGO

A FUNCTIONAL FOOD



Calories/ Nutrients



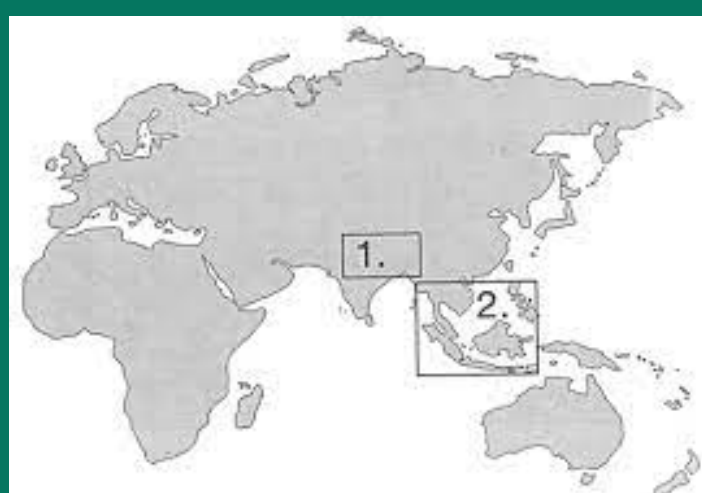
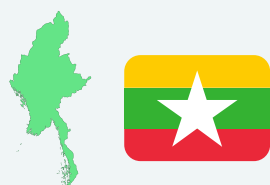
1 CUP CHOPPED



Energy: 99kcal
Fiber: 2.64 grams
Potassium: 277mg
Magnesium: 16.5mg
Vitamin C: 60.1 mg
Vitamin A: 89.1 mcg



Mangos are indigenous to Southeast Asia, mainly the India and Myanmar regions.



Origin



Recipe

Mango Salsa

1 ripe mango, diced
1 ripe avocado, diced
1 c. quartered grape tomatoes
1 small jalapeno, finely chopped
1/4 red onion, finely chopped
Juice of 1 lime
2 tsp extra-virgin olive oil
Kosher salt

Mix together and serve with
tortilla chips!

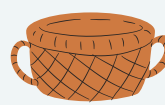


One cup of mango is an excellent source of Vitamin C, which can aid in immune function, metabolism, and skin health. It can also improve the body's absorption of non-heme iron (plant iron)!



Health Benefits

In India, the mango is a symbol of love, and a basket of mangos is considered a gesture of friendship.



also...

Mangos are related to cashews and pistachios.



Fun Facts

Reference Sources:

[Britannica.com](https://www.britannica.com) [Mango.org](https://www.mango.org) [Delish.com](https://www.delish.com)

[FoodDataCentral](https://www.fooddatacentral.com) [National Institutes of Health](https://www.nationalinstitutesofhealth.gov)

[Queensland Government Department of Agriculture and Fisheries](https://www.qld.gov.au)

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Spring 2023

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