

# Pick a **better snack**<sup>™</sup> – THE COLOR WAY

## MANGO

*Wash. Pit. Eat. How easy is that?*



Mangoes are the most widely consumed fruit in the world. Although many in the US still consider them exotic, they are becoming a regular in the grocery produce section. Mangoes have a flavor that is a cross between a peach and pineapple. They are low in calories, have ample fiber, are rich in vitamin C and are a low-fat source of vitamin E. To select a mango, smell and feel are most critical. The smell when ripe will be flowery, not fermented or having overtones of turpentine. The skin will show a blush of either yellow-orange or red. A completely greenish-gray skin indicates a mango that won't ripen properly. At home, leave unripe mangoes at cool room temperatures. Place two mangoes in a paper bag to speed ripening. Once ripe, mangoes will keep in the refrigerator for 2-3 days. Cutting a mango is a little challenging because of the large flat seed inside. Begin by washing the mango. Then hold the fruit standing on one end and make a vertical slice down one side of the pit. Repeat on the other side of the pit. Use a paring knife to score the flesh of each half into cubes – use care not to cut through to the skin. Turn the fruit inside out so the cut fruit pops outward. Cut the cubes off the skin.

### MANGO YOGURT PUDDING (MAKES 4-1/2 CUP SERVINGS)

1 cup mango pieces  
1 cup yogurt, plain – low fat  
¼ cup sugar  
1/8 teaspoon cinnamon  
1/8 teaspoon nutmeg

In a blender or food processor, puree the mango with the yogurt, sugar, cinnamon and nutmeg until reach desired smoothness. Chill. Serve cold. Note: May also be served as a cold soup by adding 1 or 1 ¼ cups fat free milk– depending how thin you like the soup.

*Source: Produce for Better Health*

Including **YELLOW/ORANGE** fruits and vegetables in your low-fat diet helps maintain:

- A healthy heart
- A healthy immune system
- Vision health
- A lower risk of some cancers

Pick a **better snack**<sup>™</sup> was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site [www.idph.state.ia.us/pickabetersnack](http://www.idph.state.ia.us/pickabetersnack) or Iowa State University Extension web site [www.extension.iastate.edu/food](http://www.extension.iastate.edu/food). For more information about 5 A Day the Color Way<sup>™</sup>, visit [www.5aday.com](http://www.5aday.com).