

Health Benefits of Mango



Mangos are tropical fruit cultivated for over 4,000 years from India and China, to Brazil, Mexico and the US. They come in a variety of skin colors from green to orange, to red, or a combination of all three. Inside, the flesh is a creamy, yellow-orange with a large stone or pit. It is not only delicious, but also boasts an impressive nutrition profile. This could be why mangos are called “The King of Fruits.”

WHAT MAKES MANGOS GREAT?

Nutrition

The most notable nutrient in mangos is vitamin C. A one-cup serving of cubed mango has nearly 100% of the daily vitamin C requirement for an adult. Mangos are also packed with many other powerful antioxidants that work together to fight free radicals and protect us from aging and disease.

Antioxidants

◆ Vitamin C

- ◇ Water-soluble vitamin
- ◇ Unlike animals who can make their own vitamin C, humans must consume vitamin C from foods on a daily basis
- ◇ Required for making collagen for healthy skin and connective tissue, and important for wound-healing
- ◇ Involved in protein metabolism, and synthesis of neurotransmitters
- ◇ Important role in immunity, prevention of scurvy and absorption of non-heme iron

◆ Beta Carotene

- ◇ Water soluble vitamin must be consumed on a daily basis
- ◇ A type of retinol (precursor to vitamin A) which includes several types of carotenoids
- ◇ Carotenoids are responsible for the bright colors of our fruits and vegetables
- ◇ Keeps skin, eyes and immune system healthy
- ◇ Fights to protect DNA

◆ Polyphenols

- ◇ Produced by plants to defend themselves against UV radiation, insects and other pathogens
- ◇ More than 8,000 identified; include flavonoids which are also responsible for color
- ◇ Inhibit buildup of arterial plaque and prevention of blood clots reducing risk of heart attack and stroke
- ◇ *Mangiferin*, one particularly powerful polyphenol, is not only an antioxidant, but known to be anti-microbial, antidiabetic, antiallergic, modulates immune function and lowers cholesterol

◆ Vitamin E

- ◇ Category of vitamin E includes 8 different forms (alpha, beta, gamma, etc)
- ◇ Fat soluble vitamin; Stops free radicals formed during the metabolism of fat
- ◇ Important for protein synthesis, cellular signaling, gene expression and the health of the artery linings

◆ Vitamin K

- ◇ Fat-soluble vitamin involved in blood-clotting, bone metabolism and antioxidation

B vitamins

- ◆ B vitamins play multiple roles in cellular metabolism, cell growth, creating new blood cells and maintaining healthy immune system
- ◆ Mangos are good sources of B6 important for red blood cell formation, and folate for making both red and white blood cells, DNA and RNA



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