

A man and a woman are running on a rocky trail at sunrise. The woman is in the foreground, wearing a white tank top and black shorts, with her hair in a ponytail. The man is behind her, wearing a light blue t-shirt and black shorts. The sun is low on the horizon, creating a warm, golden glow and long shadows. The background shows a hazy landscape with mountains.

**FUEL UP WITH
MANGOS
THE SUPERFRUIT
YOU'LL LOVE**



Bursting with over 20 vitamins and minerals, mangos are one of the tastiest ways to support a healthy lifestyle. One cup of mangos provides an excellent source of vitamins A and C, a good source of fiber and an amazing source of tropical flavor. For athletes, mangos and other superfruits can help optimize physical activity and performance by delivering readily available carbohydrates in a perfect 100 calorie portion.

MANGOS AND PERFORMANCE

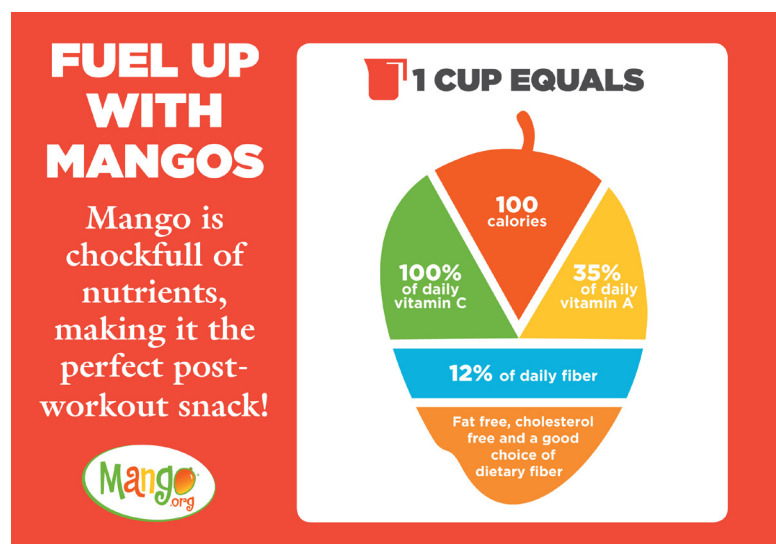
The vitamins and minerals in mangos can also play a functional role in exercise performance and supporting recovery from training and regular exercise. One of the greatest things you can do to perform at your best is to stay healthy. Mangos contain several nutrients that play a role in immune function, including vitamin A, vitamin C, vitamin B6, and copper.

Exercise can increase the production of free radicals, which can result in oxidative stress (sometimes felt as general fatigue) and muscle damage¹. The antioxidants found in mangos and other fruits and vegetables can help protect the body against production of free radicals, and subsequent effects of oxidative stress. (Watson et al 2005)².

PERFECTLY PORTIONED SNACK FOR ATHLETES

One Cup of Mangos Provides:

- * 100% of the daily requirement for vitamin C, an antioxidant that plays an important role in immune function.
- * 100 calories
- * A good source of fiber, which makes you feel full faster and therefore may help support weight management.
- * An excellent source of vitamin A, which helps maintain healthy skin and is important for immune function and bone growth.
- * An excellent source of folate, a B vitamin with many functions throughout the body, including cardiovascular health.
- * 10% of the Daily Value for both vitamin B6 and copper, to support healthy immune function.



¹ Goldfarb AH, Nutritional antioxidants as therapeutic and preventive modalities in exercise-induced muscle damage. Can J Appl Physiol. 1999 Jun;24(3):249-66.

² Watson T.A. et al 2005 Oxidative Stress and Antioxidants in Athletes Undertaking Regular Exercise Training. International journal of Sport Nutrition and Exercise Metabolism: 15, 131-146, 2005

³ Position of the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance. Journal of the American Dietetic Association. March 2009. 109(3);509-27. <https://www.ncbi.nlm.nih.gov/pubmed/19225360>

WORK IN MANGOS TO YOUR WORKOUT

A combination of protein and carbohydrate is ideal after a strength-training workout to help build and repair muscles, and help replenish glycogen stores². Try this post-workout smoothie with mangos and banana for a boost of antioxidants and electrolytes like potassium (7%)*.

Mango Banana Smoothie



Ingredients

3 mangos (about 3 pounds), peeled, pitted and chopped

$\frac{3}{4}$ cup low-fat milk

1 cup ice

$\frac{1}{2}$ banana

1 teaspoon honey

Optional: One scoop of your favorite protein powder

Instructions

Combine all ingredients in blender. Pulse until desired consistency. For a thicker smoothie, add more ice.

Serving Suggestion: Makes 2, 12-ounce glasses

*Mangos contain seven percent of the daily value for potassium.



 @mangoboard

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