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FIND YOUR NUTRITIOUS BALANCE

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FUEL UP AND COOL DOWN WITH MANGO!

At 100 calories a cup and packed with other necessary nutrients, mango is a great addition to your active lifestyle.

PRE-DOWNWARD DOG OR AFTER YOUR DAILY CARDIO, IT'S IMPORTANT TO FUEL and reward your body with the nutrients and vitamins you need to stay healthy and feeling at your best.

FRESH & FIT!

MANGO'S SWEET AND TROPICAL FLAVOR MAKES IT A VERSATILE ingredient to add to almost any snack or meal. Enjoy it fresh – sliced or diced, blended in your favorite smoothie, or thrown atop your protein of choice.

Flip for a few of our favorite pre- and post-workout mango recipes.





CURRIED SALMON, QUINOA AND MANGO BOWL

Servings: 2 • Prep Time: 15 minutes • Cook Time: 20 minutes

INGREDIENTS

Quinoa

- 1 cup light coconut milk
- 1 cup low-sodium chicken stock
- 1 tablespoon curry powder
- 1 teaspoon honey
- 1 cup quinoa, rinsed
- 2 cups baby spinach

Salmon Bowl

- 2 (6-ounce) skin-on salmon fillets
- 1/2 teaspoon kosher salt
- 1 tablespoon grapeseed or canola oil
- 1 large mango (about 1 cup), diced
- 1 cup red cabbage, shredded
- 1/2 cup cucumber, peeled and diced
- 1 tablespoon cilantro, chopped
- 1 tablespoon fresh basil, chopped
- 2 lime wedges (optional)

INSTRUCTIONS

In a medium pot, bring coconut milk, stock, curry powder and honey to a boil. Once boiling, add quinoa and cover. Reduce heat to low and simmer for 15 to 20 minutes, until most of the liquid has absorbed. Add spinach; stir and cover. Allow to sit for 5 minutes. Season the salmon with salt. Heat oil over medium-high heat in a skillet. Once the oil is hot, place salmon skin-side down and cook for 4 minutes, until skin is golden and crisp. Flip salmon and cook for an additional 3 minutes, until the salmon is cooked to your liking and flakes easily with a fork. Divide quinoa between two plates and top with salmon, mango, cabbage, cucumber, cilantro, basil and a squeeze of lime juice if desired.

NUTRITIONAL ANALYSIS PER SERVING

Calories 804; Protein 51 g; Carbohydrates 80 g; Fat 31 g; 35% Calories from Fat; Cholesterol 94 mg; Sodium 439 mg; Potassium 1902 mg; Fiber 11 g



CARNE ASADA TACOS WITH MANGO SALSA

Servings: 3 • Prep Time: 10 minutes plus 3 hours to overnight for marinating • Cook Time: 8 minutes

INGREDIENTS

Carne Asada

- 1 chipotle pepper in adobo sauce
- 1/2 cup orange juice
- 1 tablespoon lime juice
- 2 tablespoons grapeseed or canola oil
- 1 tablespoon soy sauce
- 2 tablespoons cilantro leaves
- 1 tablespoon honey
- 1/2 teaspoon chili powder
- 1 pound flank or skirt steak, fat trimmed
- 1 teaspoon kosher salt

Mango Salsa

- 1 large mango (about 1 cup), diced
- 1/4 cup red onion, minced
- 1 jalapeño pepper, seeds removed and minced
- 2 tablespoons lime juice
- 1 tablespoon cilantro, chopped
- 1/4 teaspoon chili powder

Additional Ingredients

- 6 (6-inch) whole wheat tortillas for serving

INSTRUCTIONS

Carne Asada: In a blender, combine chipotle pepper, orange juice, lime juice, oil, soy sauce, cilantro, honey and chili powder to make marinade. Place steak in a rimmed baking dish and pour marinade over. Cover and refrigerate for at least 3 hours or overnight. Preheat a charcoal or gas grill to medium-high. Remove the steak from the marinade, season with salt and grill for 5 to 10 minutes a side. Transfer to a cutting board and rest for 5 to 10 minutes. **Mango Salsa:** Combine all ingredients in a bowl and stir. Refrigerate until ready to serve. **To Assemble:** Place tortillas on a baking sheet and toast both sides under broiler until lightly golden. Slice steak into thin strips. Serve on tortillas with mango salsa.

NUTRITIONAL ANALYSIS PER SERVING

2 tacos: Calories 646; Protein 38 g; Carbohydrates 54 g; Fat 32 g; 44% Calories from Fat; Cholesterol 98 mg; Sodium 1199 mg; Potassium 797 mg; Fiber 4 g



MANGO ENERGY BITES

Servings: 10 • Prep Time: 10 minutes

INGREDIENTS

3/4 cup (about 10) pitted dates
1/2 cup shredded unsweetened coconut
1/2 cup mango, cubed
1/2 cup raw whole almonds
1 tablespoon unsalted almond butter
1/4 teaspoon kosher salt
3/4 cup low-fat granola

INSTRUCTIONS

In a food processor, combine dates, shredded coconut, mango, almonds, almond butter and salt. Pulse until well combined and tacky. Using a small ice cream scoop or spoon, scoop out a large spoonful-size of the mixture and roll into a ball with your hands. Place on a wax paper-covered baking sheet or plate. Refrigerate until firm, about 30 minutes. Once firm, roll balls in granola until evenly coated. Store in an airtight container in the refrigerator.

NUTRITIONAL ANALYSIS PER SERVING

Calories 109; Protein 3 g; Carbohydrates 15 g; Fat 8 g;
48% Calories from Fat; Cholesterol 0 mg; Sodium 49 mg;
Potassium 161 mg; Fiber 3 g



MANGO PROTEIN SMOOTHIE

Servings: 1 • Prep Time: 5 minutes plus 3 hours to overnight for freezing

INGREDIENTS

1 cup mango, cubed
1/2 cup banana, sliced
1 tablespoon peanut butter
3/4 cup low-fat milk

INSTRUCTIONS

Freeze cubed mango overnight. Place all ingredients in a blender and puree until smooth. Pour into a glass and serve immediately.

NUTRITIONAL ANALYSIS PER SERVING

Calories 403; Protein 13 g; Carbohydrates 71 g; Fat 11 g;
23% Calories from Fat; Cholesterol 9 mg; Sodium 157 mg;
Potassium 1193 mg; Fiber 8 g

**1 CUP
MANGO =**



STAY ACTIVE WITH MANGO

Let's learn more about the superfruit.

- * FOR ATHLETES, MANGIOS AND OTHER SUPERFRUITS CAN HELP OPTIMIZE physical activity and performance by delivering readily available carbohydrates in a perfect 100 calorie portion.
- * EXERCISE CAN INCREASE THE PRODUCTION OF FREE RADICALS, which can result in oxidative stress (sometimes felt as general fatigue) and muscle damage.¹ The antioxidants found in mangos can help protect the body against production of free radicals and subsequent effects of oxidative stress.^{(Watson et al 2005)2}
- * MANGIOS CONTAIN SEVERAL NUTRIENTS THAT PLAY A ROLE IN IMMUNE FUNCTION, including vitamin A, vitamin C, vitamin B6, and copper.



MEET THE MANGOS

Learn more about six mango varieties most commonly found in the U.S.

ATAULFO



Flavor: Sweet and creamy

Texture: Smooth, firm flesh with no fibers

Color: Vibrant yellow

Ripening Cues: Skin turns to a deep golden color and small wrinkles appear when fully ripe. Squeeze gently to judge ripeness.

Peak Availability: March to July

FRANCIS



Flavor: Rich, spicy, and sweet

Texture: Soft, juicy flesh with fibers

Color: Bright yellow skin with green overtones

Ripening Cues: Green overtones diminish and the yellow becomes more golden as the Francis ripens. Squeeze gently to judge ripeness.

Peak Availability: May to July

HADEN



Flavor: Rich, with aromatic overtones

Texture: Firm flesh due to fine fibers

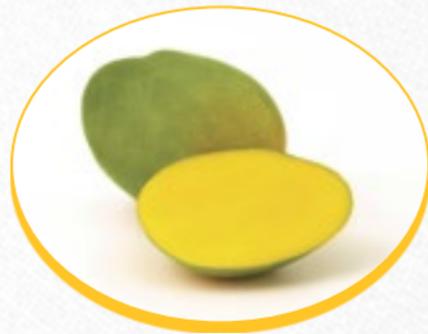
Color: Bright red with green and yellow overtones and small white dots

Ripening Cues: Green areas of the mango turn to yellow as it ripens.

Squeeze gently to judge ripeness.

Peak Availability: April and May

KEITT



Flavor: Sweet and fruity

Texture: Firm, juicy flesh with limited fibers

Color: Dark to medium green, sometimes with a pink blush over a small portion of the mango

Ripening Cues: Skin stays green even when ripe. Squeeze gently to judge ripeness.

Peak Availability: August and September

KENT



Flavor: Sweet and rich

Texture: Juicy, tender flesh with limited fibers

Color: Dark green and often has a dark red blush over a small portion of the mango

Ripening Cues: Kents have yellow undertones or dots that cover more of the mango as it ripens. Squeeze gently to judge ripeness.

Peak Availability: January to March and June to August

TOMMY ATKINS



Flavor: Mild and sweet

Texture: Firm flesh due to fibers throughout

Color: A dark red blush often covers much of the fruit with green and orange-yellow accents

Ripening Cues: This mango may not provide any visual cues. Squeeze gently to judge ripeness.

Peak Availability: March to July and October to January



ABOUT THE NATIONAL MANGO BOARD

The National Mango Board is an agriculture promotion group supported by assessments from both domestic and imported mangos. The board's vision, *TO BRING THE WORLD'S LOVE OF MANGOS TO THE U.S.*, was designed to drive awareness and consumption of fresh mangos in the U.S. marketplace. Learn more at mango.org.

NAMASTE!

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