

A man and a woman are jogging on a rocky trail. The scene is backlit by a bright sun, creating a strong lens flare and silhouetting the runners. The woman is on the left, wearing a light-colored top and dark shorts. The man is on the right, wearing a light blue t-shirt and dark shorts. The ground is uneven and rocky, and there are some dry plants in the foreground.

*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 ¾ cup serving of mango provides an excellent source of vitamin C, a good source of folate 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, with 70 calories in a ¾ cup serving.*

## Mangos and Performance

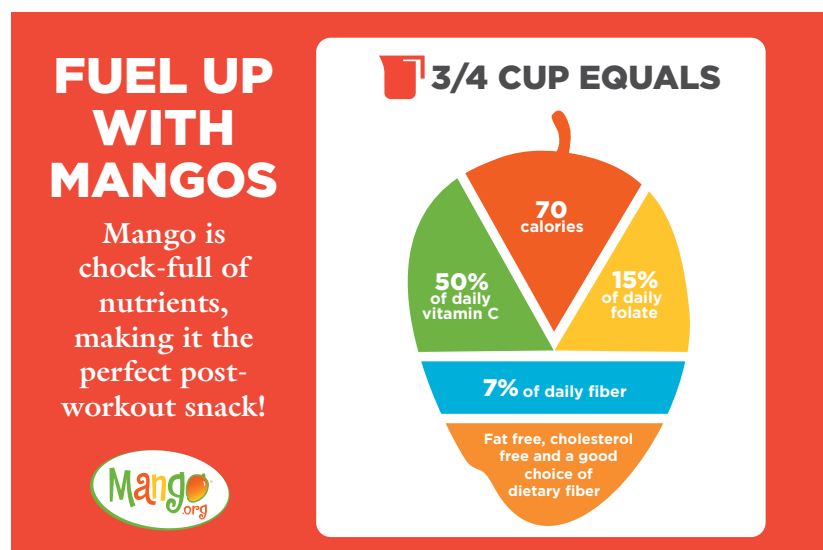
The vitamins and minerals in mangos can also play a functional role in exercise performance and supporting recovery from training and regular exercise. One of the greatest things you can do to perform at your best is to stay healthy. Mangos contain several nutrients that play a role in immune function, 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 damage<sup>1</sup>. 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)<sup>2</sup>.

### PERFECTLY PORTIONED SNACK FOR ATHLETES

One ¾ cup serving of mango provides:

- 50% of the daily requirement for vitamin C, an antioxidant that plays an important role in immune function.
- 70 calories
- 7% of the daily value of fiber, which makes you feel full faster and therefore may help support weight management.
- 8% of the daily value of vitamin A, which helps maintain healthy skin and is important for immune function and bone growth.
- A good source of folate (15% of the daily value), a B vitamin with many functions throughout the body, including cardiovascular health.
- 8% of the Daily Value for vitamin B6 and 15% of the Daily Value for copper, to support healthy immune function.



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

<sup>2</sup> 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

## 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 stores<sup>3</sup>. Try this post-workout smoothie with mangos and banana for a boost of antioxidants and electrolytes like potassium (4%)\*.

### Mango Banana Smoothie



#### INGREDIENTS

3 mangos (about 3 pounds), peeled, pitted and chopped  
¼ cup low-fat milk  
1 cup ice  
½ 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 four percent of the daily value for potassium*

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>



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