

Health Tip of the Month

Try a Magnificent Mango!

Looking for a new, fresh fruit that's full of flavor?

Try a Magnificent Mango!

Compared to other fruits, mangoes contain over 20 different vitamins and minerals.

Mangoes are not high in calories and can be eaten at different stages of ripeness.



Slice mangoes for a salad, dice them for a salsa, blend them in a smoothie, or just enjoy them right off the grocery stand.

Zesty Mango Salsa

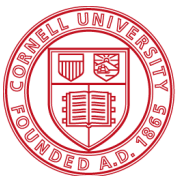
For a **zesty salsa** mix some chopped mango, cucumber, jalapeno, onion, cilantro, and lime juice in a bowl.



Enjoy with whole grain tortilla chips or as a topping for tacos or baked fish.



Need a **refreshing summer drink**? Blend mango, low fat yogurt and milk until smooth. Add a pinch of cardamom and a sprig of mint for extra flavor.



Cornell University
Cooperative Extension
New York City

Worksite Wellness Initiative: by Aly Thompson, Dietetic Intern
Hunter College School of Public Health 43: 5/14
More Health Tips? visit <http://nyc.cce.cornell.edu>