

M A N G O

mangifera indica

BENEFITS

Antioxidants

High in antioxidants which are important as they protect your cells against free radical damage.

Asthma prevention

Beta-carotene is found in mangoes which lowers the risk of developing asthma.

Bone Health

Vitamin K, found in mangoes, is important for improving calcium absorption, essential for optimal bone health.

Digestions

Mangoes, because of their fiber and water content, help promote a healthy digestive tract.

DESCRIPTION

Mangoes are juicy stone fruit from numerous species of tropical trees belonging to the flowering plant genus Mangifera, cultivated mostly for their edible fruit.

SEASON

A majority of mangoes reach peak availability from mid-March to mid-July.

TASTE

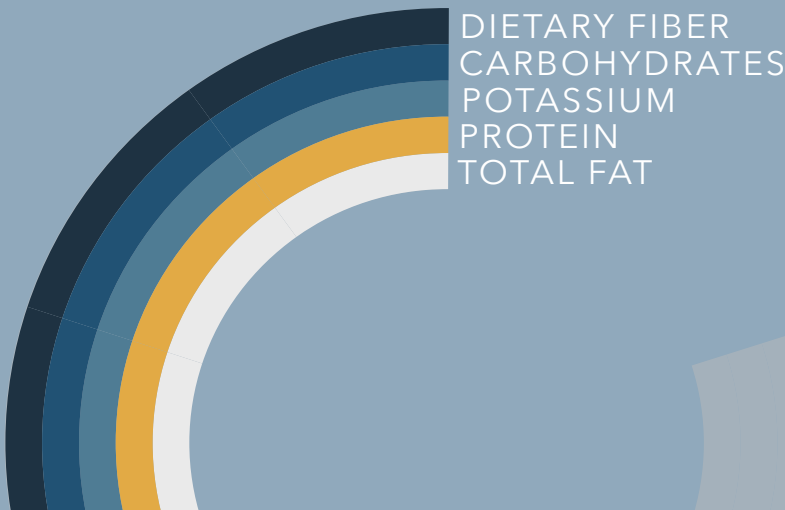
Mangoes are typically sweet and people often characterize the fruit as a cross between pineapples and oranges, with a hint of peach.

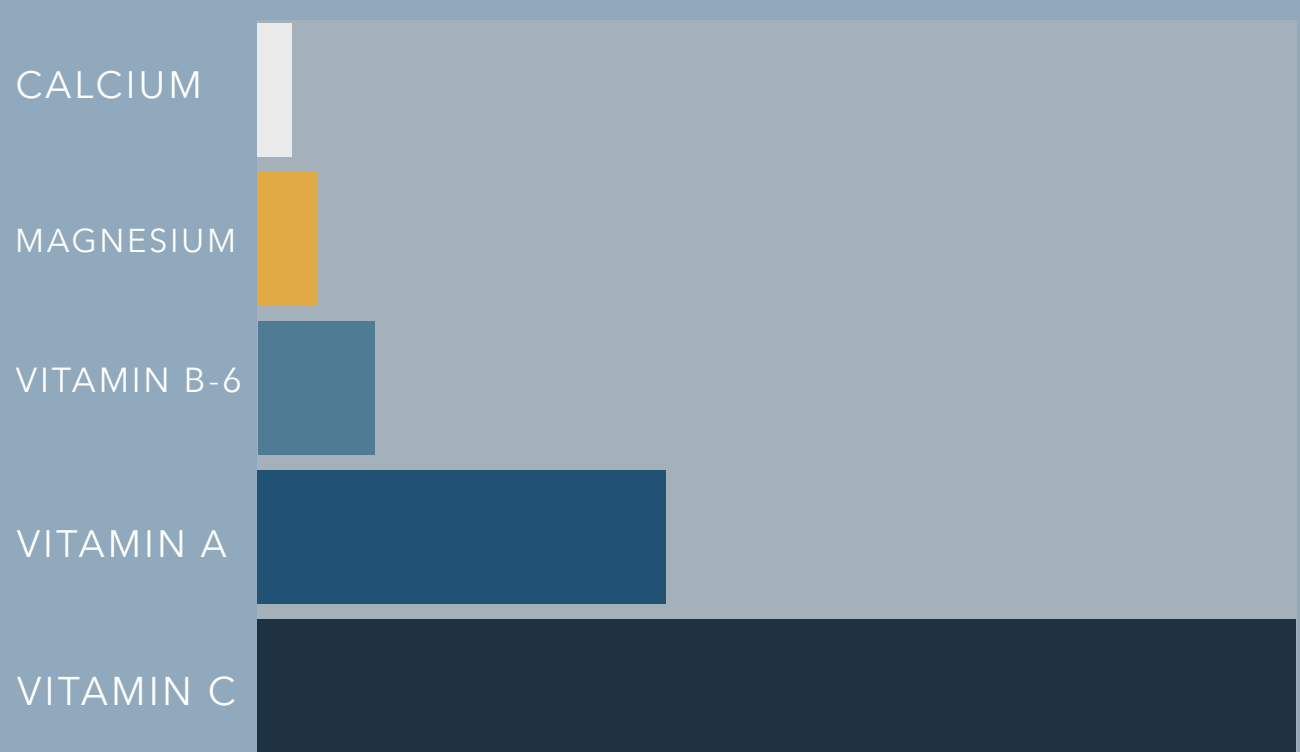
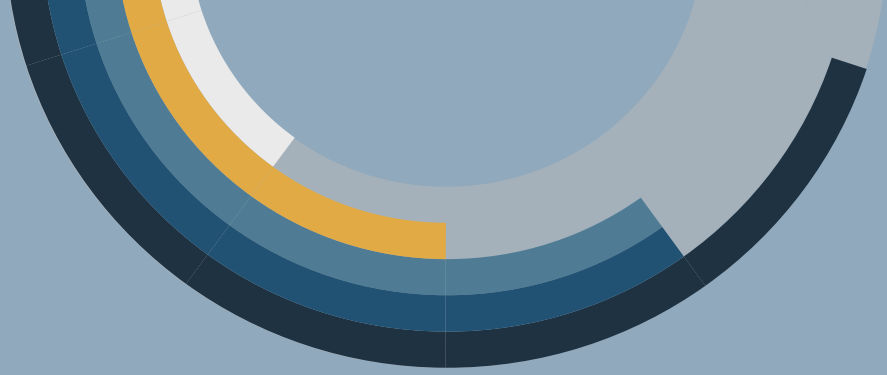
201
CALORIES



NUTRITION FACTS

DIGESTIVE
ELEMENTS





VITAMINS & MINERALS

WELLNESS & HEALTH BENEFITS

EYES

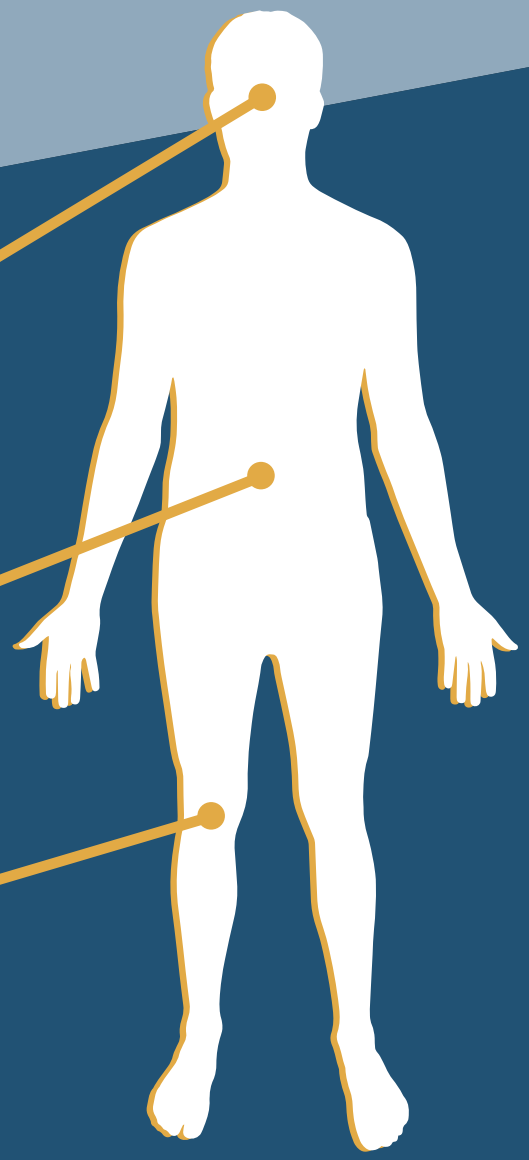
Mangoes supply the minimum requirement of vitamin A to our body, which promotes good eyesight, prevents night blindness and dry eyes.

DIGESTION

Mangoes comprise digestive enzymes that are known to promote natural, efficient digestion. These enzymes aid the breakdown and digestion of protein and fibre.

IMMUNITY

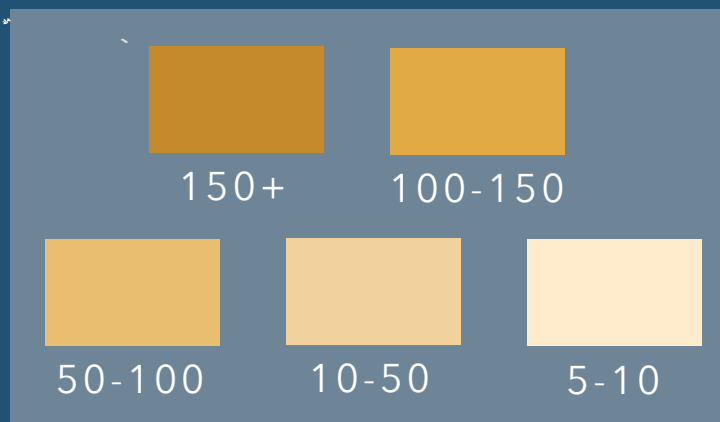
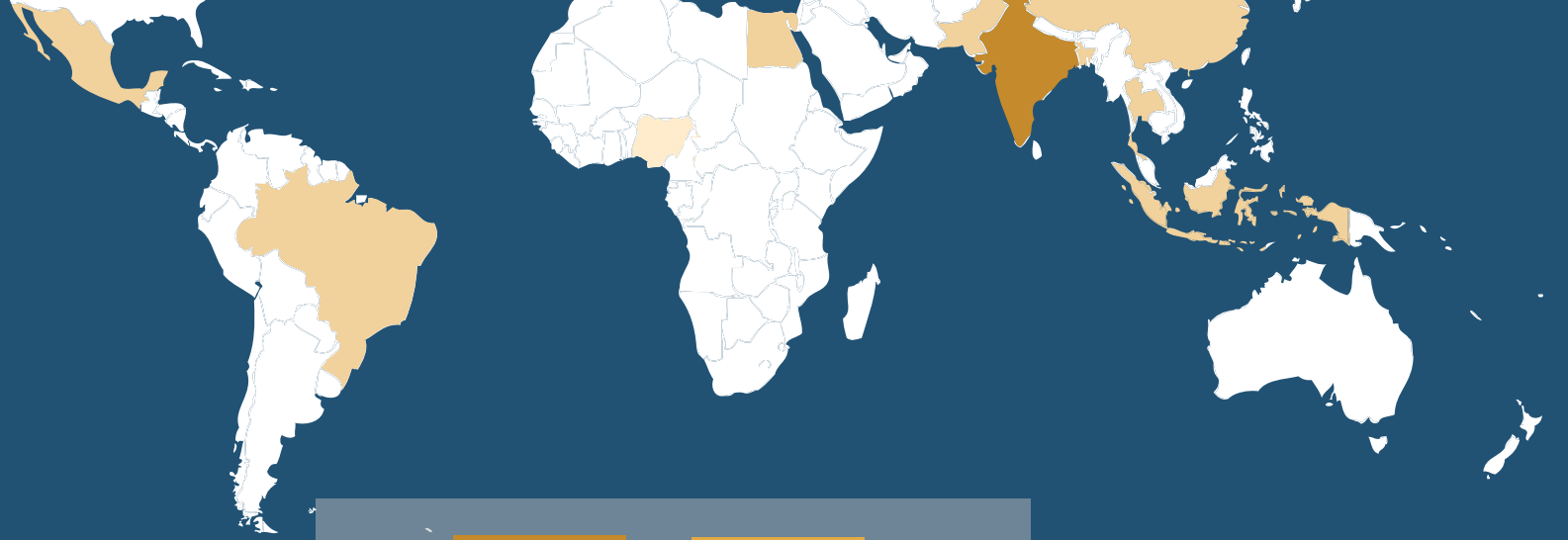
Consuming mangoes fulfill the requirement of vitamin C, in bones, and vitamin A in our body and keep the immune system healthy and strong.



WORLD PRODUCTION

UNIT = 100,000 TONS/YEAR





MANGO SALSA RECIPE

INGREDIENTS

- 1 ripe mango, peeled and diced
- 1 ripe avocado, pitted and diced
- 1/2 cup red pepper, diced
- 1 tablespoon jalapeno, finely diced
- 1/3 cup red onion, diced
- 1 tablespoon freshly squeezed lime juice
- 1/3 cup cilantro leaves, coarsely chopped
- Optional: 1/8 teaspoon ground cumin
- Salt and pepper

INSTRUCTIONS

- Combine the mango, avocado, red pepper, jalapeño, red onion, lime juice and cilantro leaves and mix well. Season with salt and pepper to taste (and cumin if desired).

TIPS

- Make sure your mango and avocado are fully ripe. This ensures peak flavor and texture.
- Chop the ingredients into even sizes. By doing so you'll have a perfect texture and it helps keep the ingredients together.
- If you like a little more kick in your salsa, add a bit more jalapeno and cumin.



SI 320 INFOGRAPHIC PROJECT
Tianny Lu

SOURCES
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