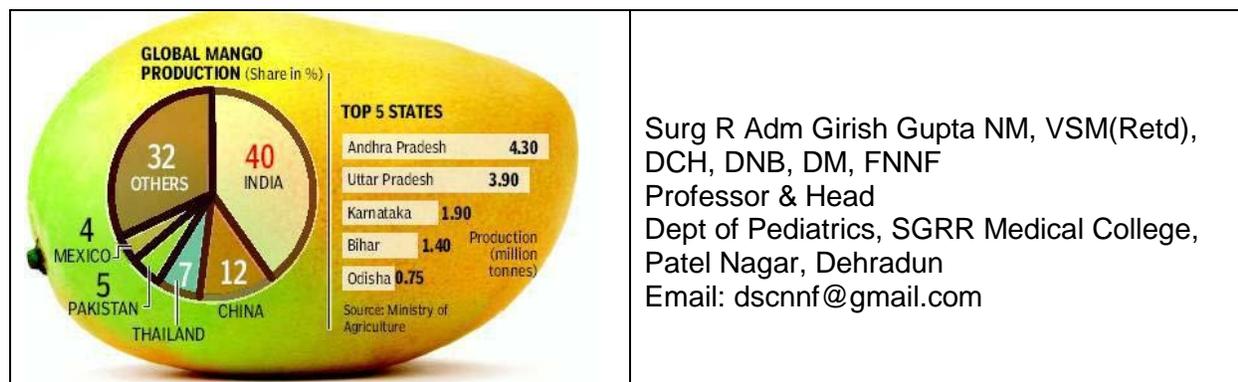


Know your fruit, the Mango



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"The king of the fruits," mango fruit is one of the most popular, nutritionally rich fruits with unique flavor, fragrance, taste, and health promoting qualities, making it numero-uno in "super fruits."

India is the largest producer of Mangoes in the world (40%). There are more than thousand mango varieties in India. However, only about 35 varieties are grown on commercial scale. Mango's botanical name is 'Mangifera indica'. Besides India, the fruit is now widely grown in China, Pakistan, Bangladesh, Philippines, Haiti, Mexico and Brazil.

Important mango varieties cultivated in different states of India

States	Varieties
Andhra Pradesh	Banganpalli, Bangalora, Cherukurasam, Himayuddin, Suvarnarekha
Bihar	Bombai, Langra, Fazri, Himsagar, Kishen Bhog, Sukul, Bathua
Goa	Fernandin, Mankurad, Alphonso
Gujarat	Alphonso, Kesar, Rajapuri, Vanraj
Haryana	Dashehari, Langra, Bombay Green
Karnataka	Alphonso, Bangalora, Mulgoa, Neelum, Pairi
Kerala	Mundappa, Olour, Pairi
Madhya Pradesh	Alphonso, Bombai, Langra and mostly seedling types
Maharashtra	Alphonso, Kesar, Mankurad, Mulgoa, Pairi
Orissa	Baneshan, Langra, Neelum, Suvarnarekha and mostly seedling types
Punjab	Dashehari, Langra, Chausa
Tamil Nadu	Banganpalli, Bangalora, Neelum, Rumani, Mulgoa
Uttar Pradesh	Bombay Green, Dashehari, Fajri, Langra, Safeda Lucknow, Chausa
West Bengal	Bombai, Himsagar, Kishan Bhog, Langra

Nutrient Composition & Health Benefits of Mangoes:

Vitamin A (Carotene Pigments): Very good quantity

Hence, consumption of mangoes is good for vision, immunity, reproductive health, and skin health and bone growth.

Vitamin C: Very good quantity

Mangoes eating helps in improving cognitive and neurologic function, collagen formation, absorption of iron from intestines, immune function, wound healing, health of gums and teeth.

Folate: Good source

Consuming adequate quantities of mangoes helps in formation of red blood cells and DNA & supports healthy cardiovascular function. Eating folate before and during pregnancy may help reduce a woman's risk of having a child with a brain or spinal cord defect.

Fiber: Good source

Fiber makes one feel full faster and therefore may help support weight management. Mango consumption aids digestion, controls constipation & slows the absorption of sugar into the blood stream. Hence Mangoes are excellent for normalizing gut functions & help in control of weight & diabetes.

Vit B6: Good source

Vitamin B6 facilitates in immune function, cognitive development, maintaining normal blood sugar level, hemoglobin synthesis & maintaining normal nerve function.

Copper: Good source

Copper helps to form red blood cells, in immune function & to maintain bone health.

Potassium: Good source

Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure.

Poly-phenolic flavonoid antioxidant compounds: Good source

Mango fruit has been found to protect against colon, breast, leukemia and prostate cancers. Also it is a good anti-aging fruit.

Carbohydrate: Good source

It is a ready source of instant energy.

Protection from heat effects & Heat Stroke:

Raw mango guards you from negative effects of excessive hot temperature. To prevent adverse effects from excessive loss of water from the body, you may consume raw mango sprinkled with salt. This simple snack quenches your thirst.

Refreshing drink from fresh raw mangoes (Panna); it's sweet and sour in taste. Grated and cooked with jaggery and water, the pulp of raw mango should be mixed with cumin seeds, black pepper, and aniseed. Add some rock salt to your drink. Strain and serve this chill drink in sizzling summer to overcome dehydration, loss of salt & glucose. This recipe provides amazing energy.

Mangoes during pregnancy

Mangoes contain high amounts of vitamins A, B6 and C, folic acid, iron, and potassium – all essential nutrients for pregnant women. They are also rich in antioxidants, including beta-carotene, and contain plenty of fiber, useful for relieving pregnancy-associated constipation. Mangoes consumption in moderation during pregnancy is recommended & is beneficial.

Mango peel is also rich in phytonutrients, such as the pigment antioxidants like carotenoids and polyphenols.

Mango seeds are an excellent source of nutrients & should not be thrown as waste but a crusade should be started about their effective utilization.

Raw Mangoes

- The raw mango is generally green in colour, though the ripe variety is available in a number of colours including yellow, orange, red or purple. Unripe mango is sour in taste because of the

presence of oxalic, citric, and succinic acids. The raw mango is an excellent source of Vitamin B complex & Vitamin C, which is comparatively more than in ripe mangoes. Raw mango is also rich source of pectin. Pectin is useful in reducing Cholesterol & Triglycerides & has been credited to prevent colon cancer.

How to choose Mangoes?

Don't focus on color. It is not the best indicator of ripeness. Squeeze the mango gently. A ripe mango will give in slightly. Ripe mangoes will sometimes have a fruity aroma at their stem ends.

How to ripen & store mangoes?

Keep unripe mangoes at room temperature. Mangoes shouldn't be refrigerated before they are ripe. Mangoes will continue to ripen at room temperature, becoming sweeter and softer over several days. To speed up ripening, place mangoes in a paper bag at room temperature. Once ripe, mangoes should be moved to the refrigerator, which will slow down the ripening process. Whole, ripe mangoes may be stored for up to five days in the refrigerator.

Mangoes may be peeled, cubed and placed in an airtight container in the refrigerator for several days or in the freezer for up to six months.

Caution:

Mango fruit should be avoided by the individuals on warfarin therapy.

Avoid eating raw mangoes in excess. Their excessive intake may cause throat irritation, indigestion, dysentery and abdominal colic. Do not eat raw mango without draining its sap. The intake of sap may cause gastro- intestinal, throat, and mouth irritation.

- Mango latex allergy, especially with raw, unripe mangoes is common in some sensitized individuals. Immediate reactions may include itchiness at the angle of the mouth, lips, and tip of the tongue. In some people, the reactions can be severe. This reaction develops because of the anacardic acid present in raw, unripe mangoes.

To **conclude**, in addition to giving gustatory satiety & happiness, mango consumption readily provides energy & valuable multi-nutrients with consequent health benefits. Mango consumption in appropriate quantity is strongly recommended.