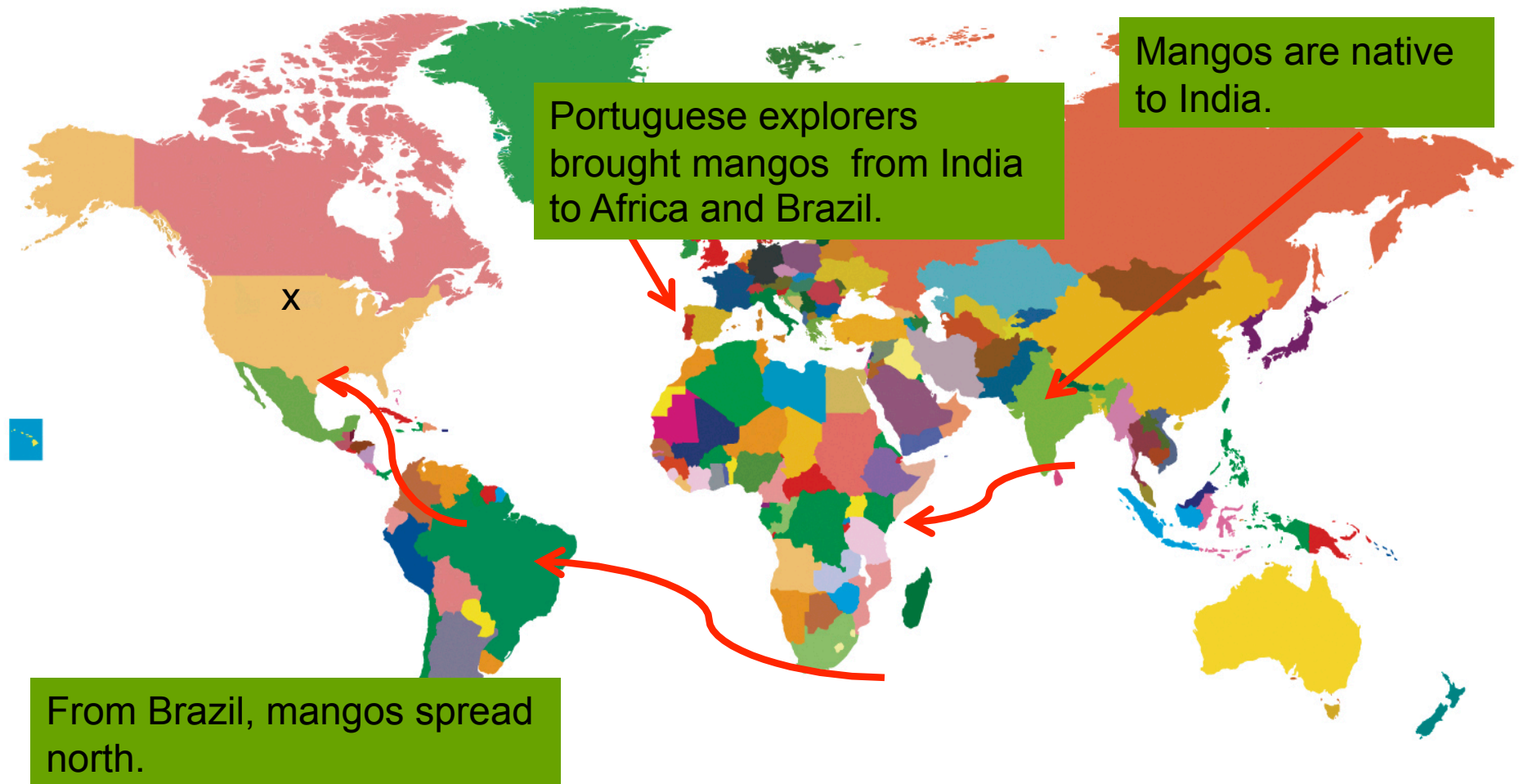




Mango

History about the mango



How do mangos grow?



Mangos grow on a tree in the tropics.

After pollination, the flower swells to become the mango we eat.

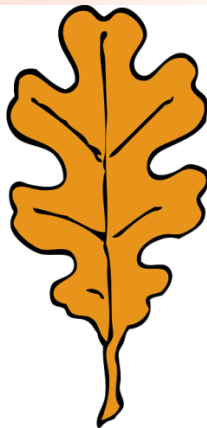


What season do we pick mangos?

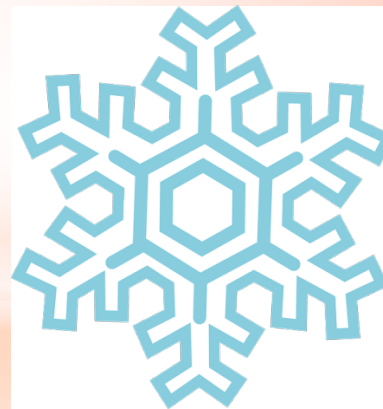
Summer



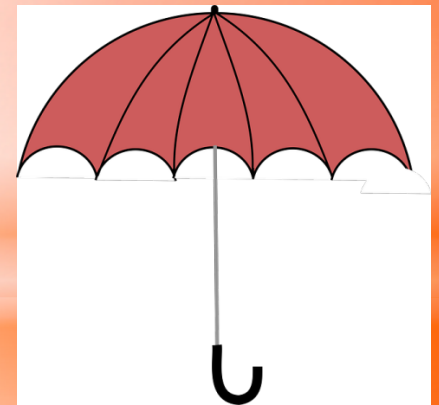
Fall



Winter



Spring



Mangos cannot grow in South Dakota. Mangos grow in tropical locations, such as Brazil and Florida, and are picked year-round.

mangos

Vitamin A



Healthy eyes

Vitamin C



Healthy immune system
(prevents colds, heals cuts)

Folate



Healthy blood

Fiber



Healthy digestion,
cleans out your system

How do you pick a good mango?

- Squeeze the mango gently. A ripe mango will give slightly. (Color is not the best way to judge mango ripeness.)
- Keep unripe mangos at room temperature
- Once ripe, put mangos in the refrigerator.
- The easiest way to eat a mango is to cut a slice and scoop out the flesh with a spoon.



Fun Fact: A basket of mangos is considered a gesture of friendship in India.

Let's try some
mangos!



You tried **mangos** for healthy digestion. Now try 3 forward folds for healthy digestion.

Forward Fold
1. Stand tall.

2. Bend forward with back and legs straight as far as you are comfortable and hold for 15 seconds.
3. Relax and repeat two times.

Health Benefit: Massages digestive organs and brings fresh oxygen and blood flow to digestion. (Source: <http://revivelifeclinic.com/2010/11/20/exercises-for-digestion/>)

