

Health Benefits of Mango

1. Mango is effective in relieving clogged pores of the skin.
2. Mangoes are one of the best sources of the phyto-nutrients: betacarotene, quercetin and astragaline. These are powerful antioxidants that neutralise free radicals.
3. Mango is a rich source of vitamin A(beta-carotene), E and Selenium which help to protect against heart disease and other ailments.
4. The phenolic compound found in mangoes has been found to have powerful antioxidant and anticancer properties.
5. Being high in iron, mango is said to be very good for pregnant women as well as for people suffering from anemia.
6. Mango is believed to be effective in relieving clogged pores of the skin.
7. The vitamin A (beta-carotene), vitamin E and selenium present in mangoes provide protection against heart disease.
8. Mangoes have been found to be quite helpful in treating acidity and poor digestion.
9. It is being said that the Vitamin E present in mango helps hormonal system function more efficiently and thus, boosts sex life.
10. The anti-inflammatory properties of mango might help alleviate asthma symptoms.
11. Mangoes are a great source of pectin, a soluble dietary fibre

Research on Mango Health Benefits

Vitamin Powerhouse

One small mango provides a quarter of your recommended daily allowance for vitamin C, nearly two thirds of your daily quota for vitamin A, good amounts of vitamin E and fibre. They also contain vitamin K, phosphorus and magnesium. Mangoes are particularly rich in potassium which can help reduce the risk of high blood pressure.

Pectin Lowers Cancer Risk

Mangoes also contain pectin, a soluble dietary fibre, which has been shown to lower blood cholesterol levels. Recently, scientists at [The Institute for Food Research](#), discovered that a fragment released from pectin binds to, and inhibits galectin 3, a protein that plays a role in all stages of cancer progression. Other population studies, including the European Prospective Investigation of Cancer, have identified a strong link between eating lots of fibre and a lower risk of cancers of the gastrointestinal tract.

Low Calorie

Mangoes are considered a 'high volume' food which means you get a lot of food for a relatively small amount of calories – one mango contains around 135 calories. However, they are quite high in natural sugar with one mango containing around 30g.

Other cases where Mango is beneficial:

- Kidney problems including nephritis.
- Fever
- Respiratory problems
- Constipation
- Bacterial Infections
- Diarrhea
- Dysentery
- Eye Disorders
- Hair Loss
- Heat Stroke
- Leucorrhea
- Liver Disorders
- Menstrual Disorders
- Morning Sickness
- Piles
- Prickly Heat
- Scurvy
- Sinusitis
- Spleen Enlargement
- Vaginitis

Nutritional Value of Mango:

One medium sized mango comprises of:

- Calories - 107
- Protein - 0.84 g
- Carbohydrate - 28 g
- Total Fat - 0.45 g
- Fiber - 3 g
- Vitamin A - 6425 IU
- Vitamin C - 45.7mg
- Magnesium - 18 mg
- Potassium - 300 mg
- Calcium - 20 g
- Cholesterol - 0 g
- Saturated fat - 0 g
- Traces of manganese, selenium, iron, sodium and phosphorus

Reference websites:

http://hubpages.com/hub/Health_Benefits_of_Mango

<http://lifestyle.iloveindia.com/lounge/benefits-of-mango-1428.html>

http://food-facts.suite101.com/article.cfm/the_health_benefits_of_mangoes#ixzz0bJN2fFPy