

# Summer Nutrition Club Produce of the Week

## Fruit Smoothie Pops

*Serving size: 1 Smoothie Pop. Makes 6-8 servings.*

### Ingredients:

- 1 cup frozen mango
- 1 peeled, sliced, and frozen banana
- 3/4 cup plain or vanilla yogurt
- 1 cup orange juice
- crushed ice optional

### Instructions:

1. A day before, peel and slice ripe bananas before freezing them. Freezing bananas will make smoothies more creamy, but this is not necessary if you will be making the smoothies into smoothie pops!
2. Place all ingredients in the your blender and blend until smooth.
3. Pour into glasses and enjoy as a smoothie.

OR

3. Pour into 5 oz paper cups, leaving about half an inch of space. Place popsicle sticks into the centers of the smoothies, and cover with foil cut into small squares (just large enough to cover the top of your cup).
4. Freeze for at least 5 hours, and enjoy as a smoothie pop.



Orange Mango  
Banana



Strawberry  
Banana

# Mangos



## Fun Facts

- Mangos were first grown in India over 5,000 years ago.
- Mangos are in the same family as cashews.
- Spanish explorers brought mangos to South America and Mexico in the 1600's. The first attempt to introduce the mango into the U.S. came in 1833 to Florida.
- More fresh mangos are eaten around the world every day than any other fruit.
- Young, green mangos are higher in vitamin C, but as they ripen, they are an increasingly better source of vitamin A.



### How do I store mangos?

Let mangos ripen at room temperature. Whole, ripe mangos may be stored for up to five days in the refrigerator. Mangos can be peeled, cubed and placed in an airtight container in the refrigerator for several days or in the freezer for up to six months.

### How do I prepare them?

Wash the mango and set it down so the ridge or "nose" is facing you. Slice the mango vertically (up & down) on both sides of the pit, about 1/4 inch away from nose. Slice around the pit in the middle third to get as much flesh as possible. Score the other two thirds as shown in the image above. Turn inside-out and slice cubes away from the skin.

### What's so great about them?

One cup of mango pieces includes 80% of your daily value of vitamin C and 77% of your daily value of vitamin A. It also includes 2.6 grams of fiber.

## New Nutrition Facts Label Nutrient Search

1. How many servings of this food are in the whole container?

2. How many calories are in one serving of this food?

3. There are 12 grams of added sugars in one serving of this food. True or false?

4. How much of your daily value (DV) of potassium is in one serving of this food?

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

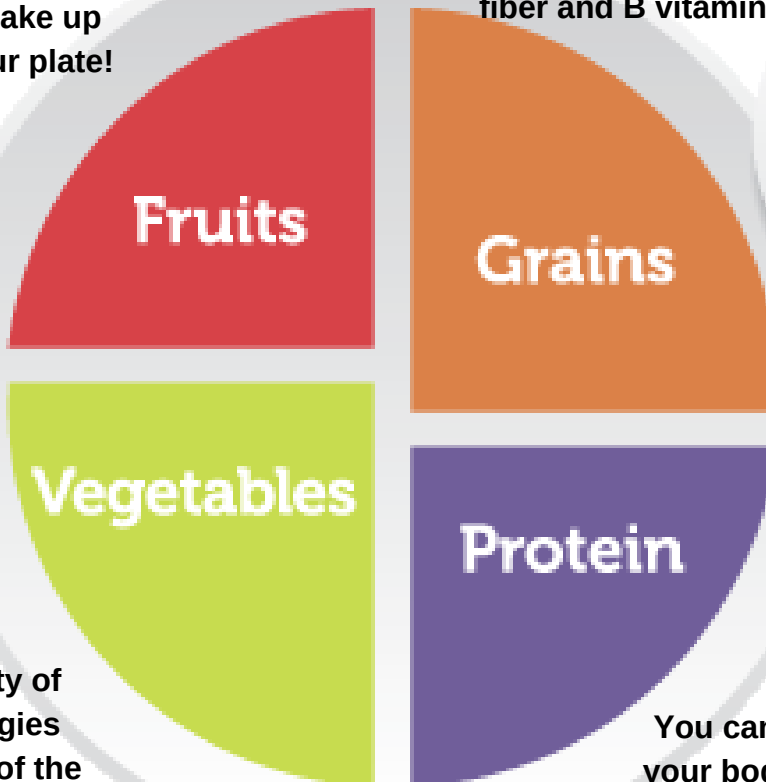
\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Answers: 1. 8, 2. 230, 3. false, 4. 6%

## What to Remember as You Use Your MyPlate During Mealtime

Fruits and veggies should make up half of your plate!

Make at least half of your grains whole grains for maximum fiber and B vitamins!



Use all your senses, be brave and polite, and never give up as you continue to explore new fruits and veggies!

Dairy

Dairy foods are high in calcium and vitamin D to help keep your bones and teeth strong!

Eating a variety of fruits and veggies from all colors of the rainbow will help to make you strong and healthy!

You can get all the protein your body needs from plant and/or animal sources!