

## Health Benefits & Nutrients Obtain ability In Unripe Mango

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### Introduction

**Common Name:** Indian mango

**Family:** Anacardiaceae.

Mango (*Mangifera indica*) is a stone fruit made from plentiful species of tropical trees belonging to the genus *Mangifera*, mango is one of the edible sweet, most delicious, seasonal fruit. Mangoes are the important in Indian cuisine and are popular throughout the world. The fruit has established its medicinal properties for decades. Still it is not a fruit which is commonly consumed as this is a seasonal fruit. The subject of Food Science & Nutrition is an captivating one. Based on this aspect the present study reviewed to create outlines the health benefits, nutrients and source of the fruit.



Known as the "king of fruit," the mango is an antioxidant-rich health booster. Low in calories and high in vitamins and minerals, mangoes make for a nutritious treat. Mangoes offer many nutrients that boost health. Depending on the cultivar, mango fruit varies in size, shape, sweetness, skin colour, and flesh colour which may be pale yellow, gold, or orange. It has been an important herb in the Ayurvedic and indigenous medical systems for over 4000 years. Mango is one of the most important commercial fruit crop worldwide in terms of production, marketing and consumption and is found in wild as well as cultivated form in India, China, Mexico, Pakistan, Indonesia, Nigeria, Thailand, South Central America, Philippines, Brazil, Australia and Egypt (Kumar et al., 2001). Today, these colorful, sweet fruits are a mainstay of Indian cuisine and are popular throughout the world. These fruits offer some impressive health benefits. While mangos were historically only available at the end of the dry season, today they can be found in grocery stores all year long.

### **Nutrition**

Mangos are rich in folate, which is used for healthy cell division and DNA duplication. Folate is one of the B-vitamins and is needed to make red and white blood cells in the bone marrow, convert carbohydrates into energy, and produce DNA. The recommendation by the physician that for pregnant women's to consume at least 400 mcg of folate daily, because it is critical for avoiding birth defects.



*Benefits of Mango leaves:*

Mango leaves help treat kidney stones and gall bladder stones. Mangoes contain an antioxidant called zeaxanthin which plays a protective role in eye health. Mangoes are a good source of vitamins and minerals. Mangoes also contribute copper, calcium, and iron to the diet, as well as the antioxidants zeaxanthin and beta-carotene.

Nutrient	Percentage of daily requirement in adults
Vitamin C	66.78% for males, and 80.13% for females
Vitamin A	9.9% for males, and 12.73% for females
Folate	17.75%
Vitamin B-6	15.08%
Vitamin K	5.77% for males, and 7.7% for females
Potassium	5.89%

### Health Benefits

The vitamins, minerals, and antioxidants in mangos can deliver essential health benefits. For example, vitamin K helps your blood clot effectively and helps prevent anaemia. It also plays an important role in helping strengthen your bones. Mangos are also rich in vitamin C, which is important for forming blood vessels and healthy collagen, as well as helping you heal. In addition, mangos can provide other health benefits like:



- 1. Lower Risk of Cancer:** Mangos are rich in beta-carotene, a pigment responsible for the yellow-orange colour of the fruit. Beta-carotene is an antioxidant, just one of many found in mangos. The antioxidants in mangos have been shown to fight free radicals, which can cause damage to your cells and potentially lead to cancer.
- 2. Heart Health:** Mangos are also helpful for supporting your cardiovascular system. They are a great source of magnesium and potassium, both of which are connected to lower blood pressure and a regular pulse. Furthermore, mangos are the source of a compound known as mangiferin, which early studies suggest may be able to reduce inflammation of the heart.
- 3. Digestive Health:** Mangos can help stabilize your digestive system. They offer both amylase compounds and dietary fiber, which can help you avoid constipation. Amylase compounds can help dissolve other foods in your stomach, breaking down difficult starches. Meanwhile, the fibre in mangos can be more effective for relieving constipation than equivalent fibre supplements.

### Conclusion

The most popular and the choicest fruit of India occupies a prominent place among the best fruits of the world that is mango. Mango is a popular fruit with many forms of consumption like raw mango, ripen mango fruit and with variety of seasonal nutritional recipes. Traditionally pickling was famous in Andhra Pradesh. Unlike many fruits, mangoes are rich in vitamin E. In addition, mangoes contain Vitamins A (betacarotene), B6, C, and K, Potassium, Calcium, Phosphorus, Magnesium, Copper, Iron, Zinc, Fiber. In this study discussed about the health benefits and nutrients available in the mango which will improve the health status of human health.

