



# Growing Healthy Families

## The Mighty Mango

Whether you are trying mangoes for the first time, or you are already in love with the sweet, juicy fruit– summer time is the best time to enjoy this tropical treat.

In Florida, you are able to find fresh mangoes in the produce section. They are usually cheaper during the summer time as they are plentiful when in season. Mangoes vary in size and color, but are usually red, yellow, or green on the outside and have a yellow or orange inside. They have a single, flat pit that does not separate easily from the pulp. Ripe, unpeeled mangoes smell very sweet.



Choose a mango that is slightly firm and has a sweet aroma. Avoid mangoes that have sap on the skin.

Store whole, uncut mangoes at room temperature and consume within three to five days. Once cut up, store mangoes in an airtight container in the refrigerator and eat within one to two days. Whole mangoes can be stored in the refrigerator up to one week.

Clean the fruit by rinsing under cool running water and scrubbing with a brush. Cut off all four sides of the mango around the large seed, then slide a paring knife between the skin and meat of the mango to remove the skin. You can slice the mango or cut it into chunks.

Did you know that mangoes are packed with vitamin A, vitamin C and potassium? They are also low in fat, high in fiber, sodium free and cholesterol free! A medium sized mango is around 140 calories.

## Healthier Dining Options

It can be tough to choose healthy options while eating out. Below are some easy tips to making smarter choices while dining out.

- Drink water instead of a sugar sweetened beverage
  - Ask for dressings and sauces on the side
- Choose an entree that is steamed, broiled, baked, roasted, poached or stir-fried
  - Share your meal or take half of it "to-go"

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### FREE HEALTHY FOOD!

WIC is a supplemental nutrition program for women, infants, and children. We provide healthy foods, health care referrals, breastfeeding support and nutrition education for low-income pregnant, breastfeeding, and postpartum women, and to infants and children up to age five.

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.**



## Recipe: Salmon with Chili Mango Salsa

### Ingredients:

- 10 ounces mango (peeled, pitted, diced)
- 1/4 cup fresh cilantro, chopped
- 1/4 red onion, chopped
- 1 tablespoon fresh lime juice
- 2 teaspoons serrano chili, minced and seeded
- 1 teaspoon lime peel, grated
- 1 garlic clove, finely chopped
- 2 tablespoons olive oil
- 2 six-ounce salmon fillets



### Directions:

- Prepare barbeque grill at medium-high heat
- Combine the first 7 ingredients in a bowl and mix in 1 1/2 tablespoons of oil.
- Season salsa mixture with salt and pepper.

- Brush salmon with remaining 1/2 tablespoon of oil.
- Grill salmon until opaque in center, about 5 minutes per side.
- Serve with salsa.

### Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1/2 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>250</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 1.8g	<b>9%</b>
<i>Trans</i> Fat 0g	
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 20g	<b>40%</b>

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

\*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.



## WIC is Located Near You!

Did you know there is a WIC location close to you? We have 3 locations in Osceola County!  
Call (407) 343-2085 today for an appointment!

### Kissimmee

1875 Fortune Rd.  
Kissimmee, FL 34744  
Monday- Friday

### Poinciana

109 N. Doverplum Ave.  
Kissimmee, FL 34759  
Monday- Friday

### Saint Cloud

1050 Grape Ave.  
St. Cloud, FL 34769  
Monday- Thursday

All WIC locations are closed the 2nd Friday of each month.

## Water Safety



Teach children about water safety early.

Instruct children to never run, push or jump on others while around the pool.

Children should always wear a life jacket—especially while on a boat!



Wear sunscreen!

Never swim alone. Assign a water buddy!



Always supervise children when they are in and around water. Swim in a lifeguard protected area.

Stay hydrated!





