

## Can mangoes really make you fat?



There is this one thing that makes the furnace-hot summers of India, bearable and worth going through - mangoes! While we all might be willing to reach out to this versatile fruit, a zillion times in a day, we tend to hold back because few health experts suggest that the high sugar content in mangoes can actually contribute in weight gain. So is it really true?

The juicy, pulpy tropical fruit is so versatile that it can be eaten with anything, in any form and in all possible ways you can think of; and it is loved by all - be it kids, be it elders. In India, the arrival of scorch summer is related to the lazy afternoons, summer vacations and a plateful of mangoes. But this heavenly fruit is infamous for its high-sugar content which, as per some health experts, can make one fat. So let's get down to business. Do mangoes really make you fat? What are the nutritional values of mangoes? Is it really a cynical fruit?

Senior Nutritionist at Healthians - Saumya Shatakshi has the answers to these questions (and also facts that will make you want to binge on mangoes). Here are few facts about mangoes which Saumya brought into light:

- Mango is not just a pure indulgence but a powerhouse to various nutrients like it has vitamin A, iron, copper and potassium.
- Mango is an energy food and provides sugar rush to the body which helps boost the energy levels of the body and keeps you active throughout the day.
- It is a storehouse of Vitamin C that increases the immunity and it is also rich in dietary fibre content.
- A medium-sized mango has nearly 150 calories - which means eating too much beyond the suggested calorie intake can lead to weight gain. So eat, but don't overeat.
- Consuming mangoes could lead to a rise in blood sugar level among those who are highly diabetic.

Eating mangoes is fine, but the problem is when we eat too much. Consuming mangoes after a full meal literally means extra calories - and it definitely adds up and turns into fat because it is pure sugar-filled extra calories which our body loves to store. Also, eating mangoes at night is not the best idea because at night, excess sugary calories consumed at night are stored as fat too - the best time to eat mangoes is in the first half of the day. Here's a suggestion - replace your mid-morning snacks or evening snacks with mangoes. That way, you can indulge yourself into this tropical goodness without worrying too much about piling too many calories and gaining weight.