



**Eat pickled mangoes
for your health.**

Written by Dr Harold Gunatillake OAM

"This mango tree in the picture is from Ranjani's back garden. She complains of the attacks by the cockatoos. Friends have suggested protecting them with paper bags."

One solution is to pluck as many when unripe and make pickles healthier for people with diabetes than consuming ripe mangoes.

Suggested pickling-recipe

Check [Daily News cookery book](#).-Page 222-index 896 Mango chutney

Mangoes have sucrose, and people having diabetes should restrict eating ripe fruit.

One-half cup of diced mango weighing about 3 ounces has roughly 12.3 grams of total carbohydrates, making up 98 per cent of a mango's total calories. Sugar, a simple short-chain carbohydrate, accounts for more than 90 per cent of the total carb count, totalling 11.3 grams.

Unripe mangoes have *resistant carbs* that will not get digested in your gut and absorbed, unlike sucrose and fructose (fruit sugar) in ripe mangoes. Sucrose and fructose are converted into glucose in the heart through enzyme action and cause glucose spikes in your blood.

If your diabetes is well controlled, you could eat a slice of ripe mango.



Ranjani Perera lives in Sydney

Unripe mangoes, on the other hand, as mentioned before, have resistant carbs and high fibre. They pass through the small gut into the large belly without being digested, as your heart has no enzymes for such action.

Pickling mangoes is the solution if you have a bearing mango tree and cannot cope with the ripe ones.

Further, the trillions of friendly microbiota in your gut love pickled foods, and they reciprocate and reward you by improving your immune system, preventing chronic diseases of the heart like Crohn's, Ulcerative colitis, including cancer.

Fibre and resistant carbs enter the large bowel undigested.

Indeed, the evidence shows that if people do not overeat meat and increase the amounts of fruits, vegetables, and legumes in their diet, they are more likely to have a healthy community of gut bacteria. They digest the indigestible fibre in the resistant starchy food to produce beneficial short-chain fatty acids, including one called butyrate. Butyrate can block the further digestion of carbohydrates into sugar and get absorbed into the body.

Janine Higgins, PhD nutrition research director for the University of Colorado, states, "The ability to burn carbohydrates and prevent absorption prevents the liver from using carbs as fuel and instead, stored body fat is used for metabolic processes in the body. In your body, carbs are the preferred source of fuel that powers your body engines, and the butyrate seems to prevent such fuel from getting into your bloodstream, which normally would have turned into fat in the body cells. One study found that replacing just 5.4% of total carbs intake with resistant starch created a 20 to 30% increase in fat burning from the body cells after a meal".

This means that eating unripe mangoes pickled will reduce your blood sugar level, a beneficial factor for diabetes.

Conclusion: Ranjani should pickle many unripe mangoes from her heavily burdened tree and enjoy the health benefits.