



# The Dietitian's DISH

...for a  
Healthy  
Lifestyle

## Spring Clean How You Fuel Your Body!

Spring cleaning isn't just for your home, but a good tool in all areas of life. Think about improving your diet in a whole new way.

**Step 1 – Focus on what you want to achieve.**

**Step 2 – Select foods to help you succeed!**



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### FUEL UP WITH MANGOS

Mango is chockfull of nutrients, making it the perfect post-workout snack!



1 CUP EQUALS



Add more nutrient-rich foods and cut back on the foods and beverages which are not helping you achieve your goals. In essence, spring clean how you fuel your body!

*One easy addition any time of day is mangos. For anyone who is active, mangos are great options to replenish the body. Try this wrap for a balance of carbs, protein, and fats – along with many nutrients and antioxidants.*



### Asian Mango and Chicken Wraps

**Ingredients:**

- 2 ripe mangos, peeled, pitted and diced
- 1 1/2 cups chopped roasted chicken breast
- 2 green onions, sliced
- 2 Tbsp. fresh basil, chopped
- 4 mini sweet peppers, chopped
- 1 1/2 cups shredded cabbage
- 2 medium carrots, grated
- 1/3 cup fatfree cream cheese
- 3 Tbsp. natural creamy peanut butter
- 2 tsp. low-sodium soy sauce
- 4 (8-inch) whole wheat tortillas

**Directions:**

1. Cut mangos, vegetables and chicken. Place in a mixing bowl and toss until well mixed.
2. In a small mixing bowl, whisk together cream cheese, peanut butter and soy sauce.
3. Lay out tortilla on a flat surface.
4. On each tortilla, spread 1/4 of cream cheese mixture and top with mango, vegetable and chicken mix.
5. Roll up tightly, tucking in ends of tortilla. Secure with toothpicks.
6. To serve, cut each wrap in half. If not serving immediately, refrigerate. Holds up well overnight.