**Assignment Title:**

**MANGO: TO CURE DISEASES**

**Submitted by:**

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Roll # 01

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Semester 7th(Self Support)

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**INSTITUTE OF FOOD SCIENCE AND NUTRITION**

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| **MANGO: TO CURE DISEASES*** **Lower Cholestrol**
* **Promote Good Eyesight**
* **Prevents Cancer**
* **Boost Immune System**
* **Heat Stroke Remedy**
* **Good For Normalizing Insuline Level**

C:\Users\javed\Desktop\download.jpg E:\Wallpapers\Friends Pics\8710_342403962543892_482764252_n okoksfgfffxd.jpg**Prepared By: Faisal Hayat** Roll # 01 (S.S) 7th semesterB.Sc (Hons.) Food Science and TechnologyInstitute of Food Science and NutritionUniversity of Sargodha, SargodhapakistanE.mail: faisalhayatuos@gmail.com `**MANGO AND CANCER**  |

Mango fruit is rich in dietry fiber, vitamins, minerals and poly-phenolic flavonoids antioxidant compounds. According to new research study, mango fruit has been found to protect against colon, breast, leukemia and prostate cancers.

**Important Nutrients in Mango that Control Cancer:**

**Vitamin-C: Vitamin-C is an antioxidant that help to prevent the formation of cancer-causing nitrogen compounds.**

**Quercetin:** It has anti-inflammatory properties, which is good, because inflammation is bad.

**How Mango Helps in Controlling Cancer Diseases:**

Quercetin binds to excess iron in our body, removes it from tissues, and prevents its absorption. This process is called chelation. This is critical as iron can be a key ingredient in cancer cell growth. Quercetin has the ability to steal the iron from cancer cell which can stop their growth and induce cell death. Vitamin-C interacts with iron and other metals to create Hydrogen peroxide. In high conc. hydrogen peroxide damages the DNA and mitochondria of cancer cells, shuts down their energy supply, and kill them outright.





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| **Quantity of Important Nutrients in Mango that Control Cancer** |
| **Sr. #** | **Name of Compounds** | **Quantity (mg/kg)** |
| **1.** | Vitamin C | 28.7 |
| **2.** | **Quercetin** | 65.3 |

**References:**

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