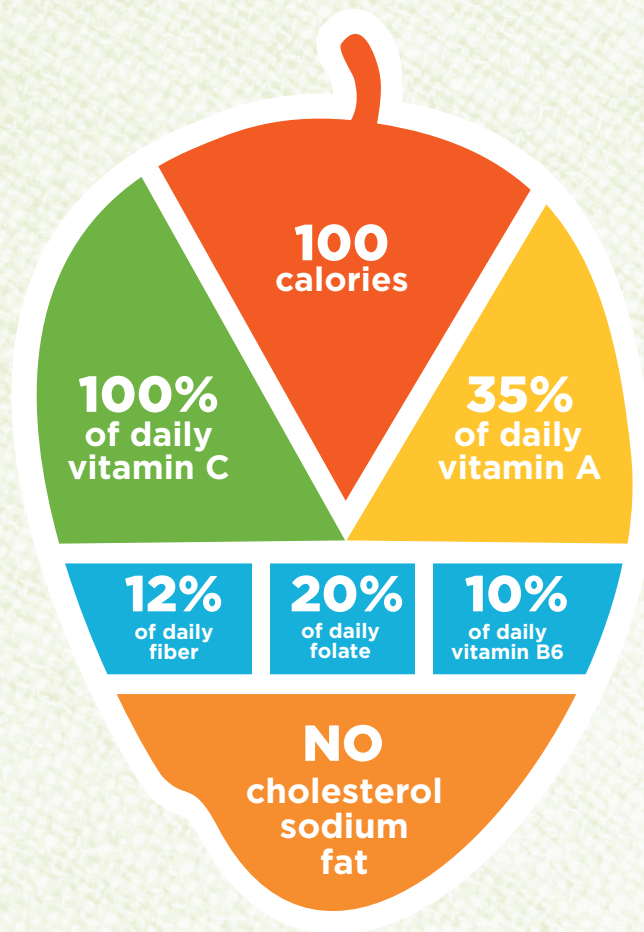


MANGO NUTRITION

1 CUP MANGO=



The Superfruit
You Love

NUTRITION MESSAGES

The Summertime Superfruit



Who needs dessert when you've got mangos?
Give your shoppers the confidence to love this nutritiously sweet fruit.

VITAMIN C

- * Excellent source
- * Supports healthy cognitive function
- * Important for immune function
- * Increases the absorption of non-heme iron, the form of iron present in plant-based foods

VITAMIN A

- * Excellent source
- * Critical for vision
- * Important for immune function
- * Helps maintain healthy skin

FOLATE

- * Excellent source
- * Consuming adequate folate before and during pregnancy may help reduce a woman's risk of having a child with a brain or spinal cord defect
- * Helps the body make red blood cells
- * Supports healthy cardiovascular function

FIBER

- * Good source
- * Slows the absorption of sugar into the bloodstream
- * Makes you feel full faster and therefore may help support weight management
- * Aids digestion

VITAMIN B6

- * Good source
- * Involved in immune function
- * Helps the body maintain normal blood sugar levels
- * Helps maintain normal nerve function

WHAT ABOUT MY SHOPPERS WHO ARE WATCHING SUGARS OR CARBS? CAN THEY EAT MANGOS?

- * Yes! Just like all other fruit, mangos contain naturally-occurring sugar. One cup of mangos contains 25 grams of carbohydrate, similar to one cup of oranges (21 grams) or pineapple (22 grams). Give your shoppers permission to love mangos—they are a perfectly sweet package of nutrients.

WHAT DOES THE RESEARCH TELL US ABOUT MANGOS?

- * Research surrounding the health benefits of mangos is ongoing, and although more research is needed especially in humans, preliminary studies have found mango consumption linked to blood glucose control, and digestive health.

**FOR MORE INFORMATION PLEASE VISIT
MANGO.ORG/EN/RESEARCH-RESOURCES**