



Mango Nutrition

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In addition to sumptuous tropical flavor, mangos deliver a host of nutrients and make healthy eating a delightful sensory experience. The Dietary Guidelines for Americans recommend that healthy adults consume 5 to 13 servings of fruits and vegetables every day (based on a daily consumption of 1,200 to 3,200 total calories). The versatile mango is available year round and adds delicious flavor to a balanced diet.

Did You Know?

Mangos are an excellent source of vitamins C and A, both important antioxidant nutrients. Vitamin C promotes healthy immune function and collagen formation. Vitamin A is important for vision and bone growth.

Mangos are a good source of dietary fiber. Diets low in fat and high in fiber-containing grain products, fruits, and vegetables are associated with a reduced risk of some types of cancer.

Mangos contain over 20 different vitamins and minerals.

Mango Nutrition Facts

Nutrition Facts			
Serving Size 1 cup, sliced (165g)			
Servings Per Container			
Amount Per Serving			
Calories	100	Calories from Fat	5
% Daily Value*			
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	25g		8%
Dietary Fiber	3g		12%
Sugars	22g		
Protein	1g		
Vitamin A	35%	Vitamin C	100%
Calcium	2%	Iron	2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4

References

Perkins-Veazie, P.; Collins, J. Literature Search on the Nutritional Benefits of Mangos.