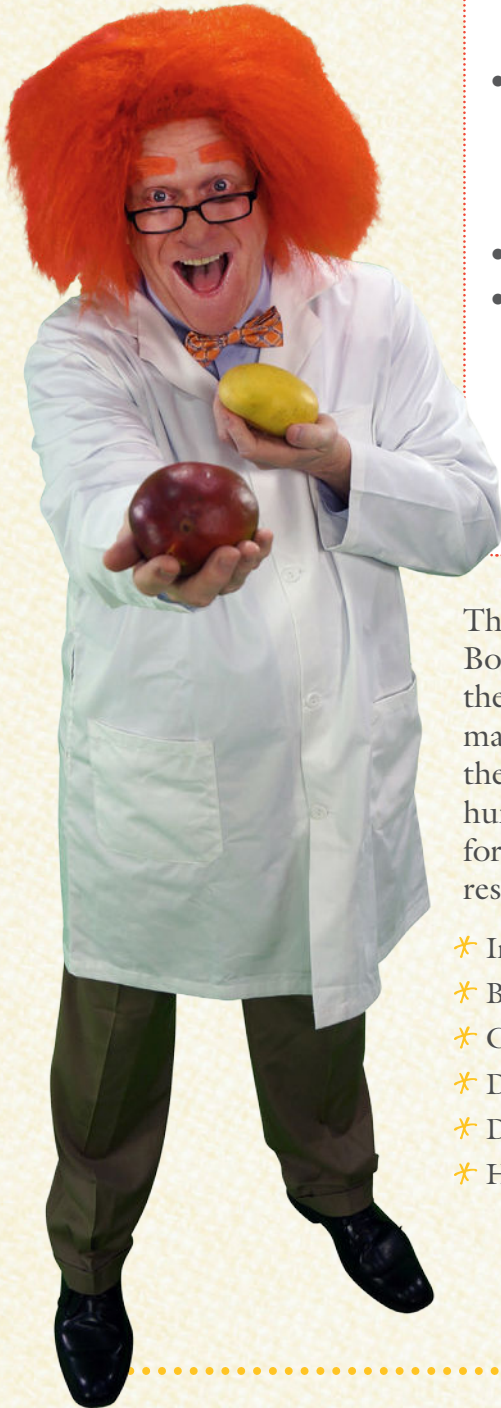


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MANGO NUTRITION

Class Notes



- Mangos are a SUPER FRUIT with more than 20 different vitamins and minerals
- One cup of mango provides:
 - * 100% of your daily Vitamin C
 - * 35% of your daily Vitamin A
 - * 12% of your daily Fiber
- All for just 100 calories!
- This one-cup serving also provides:
 - * 20% of your Folate, which is good for your cardiovascular system
 - * 10% of your Vitamin B6, which helps bolster immunity
 - * 10% of your Copper, which helps keep your bones healthy



The National Mango Board is researching the health benefits of mangos, and many of these have progressed to human studies. Stay tuned for more news about our research into:

- * Inflammation
- * Breast Cancer
- * Colon Cancer
- * Digestion
- * Diabetes and Glucose Response
- * Heart Disease



Please help us spread the word about mangos!

Use your social media, blog, ads videos and newsletters to share the mango love.

GET ALL THE TOOLS YOU NEED HERE.



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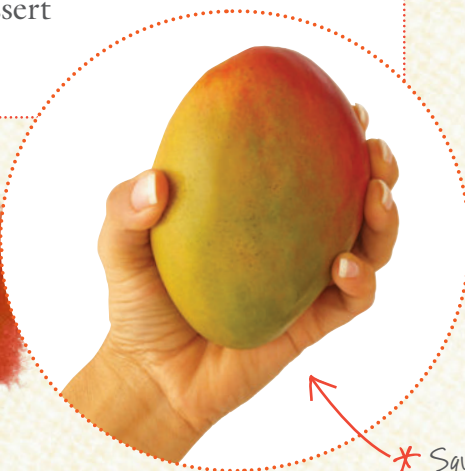


SHARE THE MANGO MANIA

Class Notes

- Mangos are one of the most popular fruits in the world
- Your customers may be confused about how to select, ripen and cut mangos
- Share a few tips with them and watch those mangos fly out the door
- Don't judge a mango by its color
- Cutting a mango is easy once you learn a few tricks
- Mangos are delicious as a snack or in recipes for breakfast, lunch, dinner or dessert

Cutting



Selecting

- * Squeeze gently to judge ripeness
- * Slightly soft = ready to eat
- * Firmer = ripen for a few days at room temperature

Recipes



Send your customers to mango.org for the how-to-cut video and tons of recipes

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