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## **GET ANSWERS TO THE BIG QUESTIONS ABOUT MANGO NUTRITION**

*National Mango Board Nutrition Professionals Website Page Offers Answers to FAQs*

**Orlando, FL (March 2017)** — With fresh mango popularity growing, it's time foodservice professionals—chefs, food scientists, dietitians and foodservice directors—caught up with nutritional benefits of this globally popular superfruit. The National Mango Board (NMB) provides a turnkey platform for mango nutrition information.

[Get to Know Your Mango](#) introduces the NMB's comprehensive page of frequently asked nutrition questions. For example: "Can mangos be eaten on a low carb diet?" and "Can you eat mangos if you are diabetic?" Answers to these and other in-depth nutrition questions can be found on this page, along with basic nutrition facts, serving size, allergens, natural sugar content, and the fruit's impressive nutrient benefits.

The NMB also offers nutrition professionals additional resources, including links to studies investigating the effects of mango consumption on metabolism and body weight, blood glucose control, digestive health, and much more.

"In this age of health-conscious consumers, nutrition messages are extremely powerful as a marketing tool," states Rachel Muñoz, Director of Marketing at the NMB. "Consumers are hungry for information on how to stay healthier longer. Combined with the delicious flavor of mangos, nutrition messages may be a big win for brands and restaurants offering this superfruit as a menu item."

For more information about fresh mangos, as well as tools and resources for foodservice operators and distributors, visit [mango.org/foodservice](http://mango.org/foodservice).

### **About the National Mango Board**

The [National Mango Board](http://NationalMangoBoard.org) is an agriculture promotion group supported by assessments from both domestic and imported mangos. The board's vision, to bring the world's love of mangos to the U.S., was designed to drive awareness and consumption of fresh mangos in the U.S. marketplace. One cup of the superfruit mango contains 100 calories, 100% of daily vitamin C, 35% of daily vitamin A, 12% of daily fiber, and an amazing source of tropical flavor. Learn more at [mango.org](http://mango.org).