



## Mango and Nutrition FAQ

*The National Mango Board's team of registered dietitian nutritionists (RDN's) weigh in on some of the most commonly asked questions about mangos.*

### **Is one mango one serving of fruit?**

According to the United States Department of Agriculture's *My Plate*, one serving of fruit is one cup.<sup>1</sup> Because mangos vary in size, smaller mangos, such as the Ataulfo may only yield one cup (one serving) of fruit, and larger mangos, such as the Haden or Kent, may have more than two cups (two servings) of fruit.

### **What is the nutrition information for mangos?**

A one-cup serving of mango provides:

- 100 calories
- 1 gram of protein
- 0 grams of fat
- 25 grams of carbohydrates
- 3 grams of fiber (or 12% of daily needs)
- No sodium or cholesterol
- 100% of daily vitamin C needs
- 35% of vitamin A needs
- 20 different vitamins and minerals

### **What is the sugar content of mangos?**

A one-cup serving of mango provides 23 grams of naturally-occurring sugar. Naturally occurring sugars are just the way they sound – sugars found *naturally* in foods, such as fructose (found in fruits) or lactose (found in dairy products). Added sugars are those that are *added* to food and beverage products during processing. Mangos are naturally free of any added sugar. They're perfectly sweet just the way they are!

### **Can you eat mangos if you are diabetic?**

In short, yes! According to the American Diabetes Association, "A healthy meal plan for people with diabetes is generally the same as a healthy diet for anyone – low in saturated and trans fat, moderate in salt and sugar, with meals based on lean protein, non-starchy vegetables, whole grains, good fats and fruit."<sup>2</sup> The main goal of a diabetic-friendly diet is to help keep blood sugar levels controlled. Carbohydrates (found in grains, legumes, fruits, vegetables, and some dairy products) provide energy and essential nutrients to the body, however they do have a greater impact on blood sugar levels than either protein or fat.<sup>3</sup>

For individuals with type 1 or type 2 diabetes, keeping an eye on portion size when eating fruit is key for managing blood sugar levels. As a general guideline, one serving of

fruit provides 15 grams of carbohydrates, and one cup of fresh mango provides 25 grams of carbohydrates.<sup>4</sup> \*

In addition to providing carbohydrates, mangos also provide fiber, vitamins, minerals, and are a nutrient-dense addition to a healthful diet. In summary, while no foods are off-limits for individuals with diabetes, keeping an eye on portion size and carbohydrate content of foods is helpful in managing blood sugar levels.

*\*Reference our carbohydrate comparison chart below for carbohydrate content of other popular fruits.*

*\*Please contact Allison Beadle ([allison.beadle@wildhive.com](mailto:allison.beadle@wildhive.com)) for more information on a study published in the journal *Nutrition and Metabolic Insights*, a pilot study which investigated the effects of mango consumption on measurements including body weight, body composition, and in obese adults.<sup>5</sup>*

### **Carbohydrate comparison chart<sup>6</sup>**

<b>FRUIT</b>	<b>SERVING SIZE</b>	<b>CARBOHYDRATE CONTENT</b>
Mango	1 cup	25 grams
Apple	1 cup	15 grams
Orange	1 cup	21 grams
Banana	1 cup	34 grams
Sweet Cherries	1 cup (without pits)	25 grams
Pineapple	1 cup	22 grams

### **Can mangos be eaten on a low carb diet?**

While low-carbohydrate, high-protein diets have remained popular in recent years, the exact guidelines for each low-carb diet – including recommended carbohydrate intake – varies from eating plan to eating plan. According to the 2015 Dietary Guidelines for Americans, 45 to 65 percent of a person's total daily calorie intake should come from carbohydrates.<sup>7</sup> For someone who consumes 2,000 calories per day, this is equivalent to approximately 225 to 325 grams of carbohydrates per day. The Recommended Dietary Allowance (RDA), or minimum recommended carbohydrate intake for both men and women is 130 grams.<sup>8</sup> While there is no official definition for a low-carb diet, carbohydrate intake is often below 130 grams per day on low-carb diets – although this amount does vary – depending on the recommendations. A one-cup serving of mango provides 25 grams of carbohydrates, which fits well into most low-carbohydrate eating plans.<sup>1</sup>

It's also important to keep in mind that multiple studies have shown that a diet, which emphasizes a variety of plant foods, including unsweetened fruit has been linked to health protection from chronic diseases, such as hypertension, cardiovascular disease, stroke, and cancer.<sup>9-11</sup>

### **Why are some people allergic to mangos?**

According to the American College of Allergy, Asthma & Immunology, the rind of the mango fruit and the sap from the mango tree contain urushiol, an oily, organic allergenic chemical that is also found in poison ivy, poison oak, and poison sumac.<sup>12</sup> This makes sense considering that mangos are in the same botanical family as poison ivy and poison oak called *Anacardiaceae*.<sup>13-14</sup> Contact with urushiol by touching mango tree leaves, bark, or the skin of mango fruit may cause allergic contact dermatitis, an itchy, blistering skin condition.

The good news is that your days ahead may not be entirely mango-less. Although some individuals can have allergies to the mango flesh, the mango's skin is most often the culprit. The most commonly consumed part of the mango fruit (the pulp or flesh) does *not* contain urushiol. You can attempt to avoid coming in contact with urushiol by having someone else cut the fruit or by wearing thick non-latex gloves when preparing and slicing the mango.

Additionally, although labeled with a low/undetermined degree of association, some people who report sensitivity to latex may have adverse reactions to mango skin. Latex is a milky fluid that secretes from rubber trees, or *Hevea brasiliensis*, when the plant is cut. It is used to make medical supplies, gloves, rubber bands, balloons, and toys.<sup>15</sup> According to the American Latex Association, some of the same proteins from latex are also found in fruits, which may cause the allergic reactions in sensitive individuals.<sup>16</sup>

For medical advice, diagnosis, and treatment, it's best to consult with your healthcare provider.

### **Can I eat the skin on a mango?**

While we do not recommend eating the mango skin, it is often enjoyed by many cultures. For those who have allergic reactions when coming in contact with mango skin, it would be best to steer clear from eating the unpeeled fruit. The mango skin contains urushiol, a compound found in poison ivy and poison oak, and may cause an allergic reaction for some individuals. This reaction can produce the same type of allergic reactions as poison ivy, poison oak, or poison sumac, including skin lesions, or swollen lips and tongue. While a mango allergy is rare, you'll want to make sure you're not allergic to mango before you chomp down on one of these unpeeled fruits.

### **What are the potential health benefits of the nutrients found in mangos?**

Mangos are a superfruit—bursting with antioxidants and over 20 different vitamins and minerals, such as vitamin A, vitamin C, folate, fiber, vitamin B6, and copper. These vitamins and minerals have been linked to a bounty of health benefits including immune health, and cardiovascular, cognitive, and neurologic function. Visit [mango.org](http://mango.org) for more on mango nutrition.

### **What research has been conducted as to the potential health benefits of 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](#), [cancer protection](#), and [digestive health](#). For

more information on the research surrounding mangos, visit the [research](#) tab on mango.org.

### **How do you choose a perfectly ripe mango?**

Multiple varieties of mangos are available throughout the year – each with their own unique characteristics, including color and size. The red or green color that appears on some varieties is not an indicator of ripeness. That’s why it’s important to keep in mind that color is not the best indicator of ripeness. *Always judge by feel.* You’ll simply want to give the mango a gentle squeeze and if it gives a little bit, it’s ripe and ready to eat! Use your experience with produce such as peaches or avocados, which also become softer as they ripen. Ripe mangos will sometimes have a fruity aroma at their stem ends, as well. View these helpful tips on the “[How to Choose a Mango](#)” section at mango.org.

### **How long will a ripe mango last on the kitchen counter? Can you refrigerate it after it is ripe?**

Just like peaches and avocados, mangos also become softer as they ripen. “Feel” is the best indicator of a mango’s ripeness – squeeze the mango gently and a ripe mango will give slightly. Once a mango is fully ripe, it can be stored in the refrigerator to prevent further ripening. Ripe mangos can be refrigerated whole for up to five days, or two to three days when cut or pureed. For more information regarding ripening and storing mangos, check out [this section](#) of mango.org.

### **How do you cut a mango?**

Cutting a mango is as easy as 1, 2, 3! The most important thing to remember is that the mango has a long, flat seed in the center of the fruit. First, stand the mango on your cutting board stem end down and hold. Place your knife about 1/4" from the widest center line and cut down through the mango. Repeat on the other side, and you’ll have two mango “cheeks.” Secondly, cut parallel slices or a checkerboard into the mango flesh, being careful not to cut through the skin. And lastly, scoop the mango slices or cubes out of the mango skin using a tablespoon and enjoy! For more information on cutting mangos, visit [How To Cut a Mango](#) on mango.org

### **Can you freeze mangos? For how long?**

If you have extra mangos and space to spare in your freezer, you can easily freeze your fresh, ripe mangos for later use! Ripe mangos can be frozen up to 6 months cut or pureed. Simply wash, slice, and dice your ripe mangos, and arrange the slices on a flat baking sheet, cover with plastic wrap, and place in the freezer. Once the mango slices are frozen, store them in an airtight, sealed container or freezer bag. You can also puree mango in a food processor or blender, pour into an airtight, sealed container, and place in the freezer.

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