

# Lesson 4 - Mango Nutrition

**Objectives: After completing this lesson students will be able to:**

- Understand that mango has important health and nutrition benefits
- List key nutrients that mangos contribute to recipes

## Lesson Plan

Topic	Suggested Activity	Suggested Time
Mango Nutrition	Lecture/Discussion	15

## Fresh Mango for Good Nutrition

Today's restaurant customers like fresh mango for its luscious tropical flavor, but they also know that mangos deliver a host of nutrients for good health. The year-round availability of fresh mango makes it easy to add delicious flavor to a menu balanced with a variety of fresh fruit.

<b>Nutrition Facts</b>			
Serving Size: 1 cup, sliced (165g)			
Serving Per Container			
Amount Per Serving			
<b>Calories:</b> 100		Calories from Fat: 5	
<b>% Daily Value*</b>			
<b>Total Fat</b> 0.5g			<b>1%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			<b>0%</b>
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 0mg			<b>0%</b>
<b>Total Carbohydrate</b> 25g			<b>8%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 23g			
<b>Protein</b> 1g			
Vitamin A 35%	•	Vitamin C 100%	
Calcium 2%	•	Iron 2%	
Vitamin B6 10%	•	Copper 10%	
Folate 20%	•	Vitamin K 8%	
Potassium 8%			
*Percent 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			



## Mango Nutrition Messages (approved by USDA)

What Mangos Offer:	What the Nutrient Means to Your Body:
<p><b>Vitamin C</b> <b>Nutrient Content</b></p> <ul style="list-style-type: none"> <li>• One cup of mango is high in (high potency/the antioxidant) vitamin C.</li> <li>• One cup of mango is rich in (high potency/the antioxidant) vitamin C.</li> <li>• One cup of mango is an excellent source of (high potency/the antioxidant) vitamin C.</li> <li>• One cup of mango provides 100% of the Daily Value (DV) for vitamin C.</li> <li>• One cup of mango provides 100% of your daily vitamin C (needs/requirements).</li> </ul>	<p><b>Vitamin C</b> <b>Structure Function</b></p> <ul style="list-style-type: none"> <li>• Vitamin C supports healthy cognitive and neurologic function.</li> <li>• Vitamin C is required for collagen formation.</li> <li>• Vitamin C increases the absorption of non-heme iron, or the form of iron present in plant-based foods.</li> <li>• Vitamin C plays an important role in immune function.</li> <li>• Vitamin C is important for wound healing. Vitamin C keeps gums and teeth healthy.</li> </ul>
<p><b>Vitamin A</b> <b>Nutrient Content</b></p> <ul style="list-style-type: none"> <li>• One cup of mango is high in (the antioxidant) vitamin A.</li> <li>• One cup of mango is rich in (the antioxidant) vitamin A.</li> <li>• One cup of mango is an excellent source of (the antioxidant) vitamin A.</li> <li>• One cup of mango provides 35% of the Daily Value (DV) for vitamin A.</li> <li>• One cup of mango provides 35% of your daily vitamin A (needs/requirements).</li> </ul>	<p><b>Vitamin A</b> <b>Structure Function</b></p> <ul style="list-style-type: none"> <li>• Vitamin A is critical for vision.</li> <li>• Vitamin A is important for immune function.</li> <li>• Vitamin A may be important for reproductive health.</li> <li>• Vitamin A helps maintain healthy skin.</li> <li>• Vitamin A plays a role in bone growth.</li> </ul>
<p><b>Folate</b> <b>Nutrient Content</b></p> <ul style="list-style-type: none"> <li>• One cup of mango is high in folate.</li> <li>• One cup of mango is rich in folate.</li> <li>• One cup of mango is an excellent source of folate.</li> <li>• One cup of mango provides 20% of the Daily Value (DV) for folate.</li> <li>• One cup of mango provides 20% of your daily folate (needs/requirements).</li> </ul>	<p><b>Folate</b> <b>Structure Function</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Folate helps the body make red blood cells and DNA. Folate supports healthy cardiovascular function.</li> </ul>
<p><b>Fiber</b> <b>Nutrient Content</b></p> <ul style="list-style-type: none"> <li>• One cup of mango contains fiber.</li> <li>• One cup of mango provides fiber.</li> <li>• One cup of mango is a good source of fiber.</li> <li>• One cup of mango provides 12% of the Daily Value (DV) for fiber.</li> <li>• One cup of mango provides 12% of your daily fiber (needs/requirements).</li> </ul>	<p><b>Fiber</b> <b>Structure Function</b></p> <ul style="list-style-type: none"> <li>• Fiber makes you feel full faster and therefore may help support weight management.</li> <li>• Fiber aids digestion.</li> <li>• Fiber helps control constipation.</li> <li>• Fiber slows the absorption of sugar into the bloodstream.</li> </ul>

## Mango Nutrition Messages (approved by USDA)

What Mangos Offer:	What the Nutrient Means to Your Body:
<p><b>Vitamin B6</b> <b>Nutrient Content</b></p> <ul style="list-style-type: none"> <li>• One cup of mango contains vitamin B6.</li> <li>• One cup of mango provides vitamin B6.</li> <li>• One cup of mango is a good source of vitamin B6.</li> <li>• One cup of mango provides 10% of the Daily Value (DV) for vitamin B6.</li> <li>• One cup of mango provides 10% of your daily vitamin B6 (needs/requirements).</li> </ul>	<p><b>Vitamin B6</b> <b>Structure Function</b></p> <ul style="list-style-type: none"> <li>• Vitamin B6 is involved in immune function.</li> <li>• Vitamin B6 plays a role in cognitive development.</li> <li>• Vitamin B6 helps the body maintain normal blood sugar levels.</li> <li>• Vitamin B6 helps the body make hemoglobin, which carries the oxygen in red blood cells to tissues throughout the body.</li> <li>• Vitamin B6 helps maintain normal nerve function.</li> </ul>
<p><b>Copper</b> <b>Nutrient Content</b></p> <ul style="list-style-type: none"> <li>• One cup of mango contains copper.</li> <li>• One cup of mango provides copper.</li> <li>• One cup of mango is a good source of copper.</li> <li>• One cup of mango provides 10% of the Daily Value (DV) for copper.</li> <li>• One cup of mango provides 10% of your daily copper (needs/requirements).</li> </ul>	<p><b>Copper</b> <b>Structure Function</b></p> <ul style="list-style-type: none"> <li>• Copper helps form red blood cells.</li> <li>• Copper supports healthy immune function.</li> <li>• Copper helps to maintain bone health.</li> </ul>

## QUIZ/REVIEW QUESTIONS

1. Mango is an excellent source of:
  - a. Vitamin C
  - b. Vitamin A
  - c. Folate
  - d. All of the above
2. Mango is a good source of:
  - a. Fiber
  - b. Vitamin B6
  - c. Copper
  - d. All of the above
3. 165 grams of fresh mango (1 cup sliced) contains how many calories?
  - a. 100
  - b. 50
  - c. 200
4. Adding mango to a recipe can enhance the nutrition profile.  
TRUE or FALSE
5. Mangos contribute over 20 difference vitamins and minerals to the diet.  
TRUE or FALSE

## QUIZ/REVIEW ANSWERS

1. d. All of the above
2. d. All of the above
3. a. 100
4. TRUE
5. TRUE



[mango.org/foodservice](http://mango.org/foodservice)