

NATIONAL MANGO BOARD  
NUTRITION MESSAGES



What Mangos Offer:	What the Nutrient Means to Your Body:
<b>Vitamin C</b>	
<b>Nutrient Content</b>	<b>Structure Function</b>
<p>One serving (¾ cup) of mango is high in (high potency/the antioxidant) vitamin C.            One serving (¾ cup) of mango is rich in (high potency/the antioxidant) vitamin C.            One serving (¾ cup) of mango is an excellent source of (high potency/the antioxidant) vitamin C.            One serving (¾ cup) of mango provides 50% of the Daily Value (DV) for vitamin C.            One serving (¾ cup) of mango provides 50% of your daily vitamin C (needs/requirements).</p>	<p>Vitamin C supports healthy cognitive and neurologic function.            Vitamin C is required for collagen formation.            Vitamin C increases the absorption of non-heme iron, or the form of iron present in plant-based foods.            Vitamin C plays an important role in immune function.            Vitamin C is important for wound healing.            Vitamin C keeps gums and teeth healthy.</p>
<b>Vitamin A</b>	
<b>Nutrient Content</b>	<b>Structure Function</b>
<p>One serving (¾ cup) of mango provides 8% of the Daily Value (DV) for vitamin A.            One serving (¾ cup) of mango provides 8% of your daily vitamin A (needs/requirements).</p>	<p>Vitamin A is critical for vision.            Vitamin A is important for immune function.            Vitamin A may be important for reproductive health.            Vitamin A helps maintain healthy skin.            Vitamin A plays a role in bone growth.</p>
<b>Folate</b>	
<b>Nutrient Content</b>	<b>Structure Function</b>
<p>One serving (¾ cup) of mango contains folate.            One serving (¾ cup) of mango provides folate.            One serving (¾ cup) of mango is a good source of folate            One serving (¾ cup) of mango provides 15% of the Daily Value (DV) for folate.            One serving (¾ cup) of mango provides 15% of your daily folate (needs/requirements).</p>	<p>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.            Folate helps the body make red blood cells and DNA.            Folate supports healthy cardiovascular function.</p>
<b>Fiber</b>	
<b>Nutrient Content</b>	<b>Structure Function</b>
<p>One serving (¾ cup) of mango provides 7% of the Daily Value (DV) for fiber.            One serving (¾ cup) of mango provides 7% of your daily fiber (needs/requirements).</p>	<p>Fiber makes you feel full faster and therefore may help support weight management.            Fiber aids digestion.            Fiber helps control constipation.            Fiber slows the absorption of sugar into the bloodstream.</p>
<b>Vitamin B6</b>	
<b>Nutrient Content</b>	<b>Structure Function</b>
<p>One serving (¾ cup) of mango provides 8% of the Daily Value (DV) for vitamin B6.            One serving (¾ cup) of mango provides 8% of your daily vitamin B6 (needs/requirements).</p>	<p>Vitamin B6 is involved in immune function.            Vitamin B6 plays a role in cognitive development.            Vitamin B6 helps the body maintain normal blood sugar levels.            Vitamin B6 helps the body make hemoglobin, which carries the oxygen in red blood cells to tissues throughout the body.            Vitamin B6 helps maintain normal nerve function.</p>
<b>Copper</b>	
<b>Nutrient Content</b>	<b>Structure Function</b>
<p>One serving (¾ cup) of mango contains copper.            One serving (¾ cup) of mango provides copper.            One serving (¾ cup) of mango is a good source of copper.            One serving (¾ cup) of mango provides 15% of the Daily Value (DV) for copper.            One serving (¾ cup) of mango provides 15% of your daily copper (needs/requirements).</p>	<p>Copper helps form red blood cells.            Copper supports healthy immune function.            Copper helps to maintain bone health.</p>

### General Nutrition

One serving (3/4 cup) of mangos is 70 calories, so it's a sweet treat that won't weigh you down.

Each serving of mango is fat free, sodium free and cholesterol free.

Mangos contain over 20 different vitamins and minerals, helping to make them a superfood.

One serving (¾ cup) of the superfruit mango contains 70 calories, 50% of daily vitamin C, 15% of daily folate, 15% of daily copper, 8% of daily vitamin A, 8% of daily vitamin B6, 7% of daily fiber, and an amazing source of tropical flavor. Learn more at [mango.org](http://mango.org).

One of the most popular fruits in the world, mangos are an excellent source of vitamin C and a good source of folate and copper. One serving (3/4 cup) of mango is a great snack, with just 70 calories.