



MANGO: THE KING OF FRUITS

MANGO IS KNOWN AS THE KING OF FRUITS.

Mango is one of the most beloved fruits in the world. Native to India and Southeast Asia – where they've been cultivated for over 5,000 years – mango is now a fast-growing favorite in American households.

For centuries, mango has symbolized life, love and happiness.

Buddhist monks once cultivated mangos as sacred trees, and legend holds that Buddha meditated in the calm of mango groves. Every part of the mango – pulp, peel, seed, leaves and bark – has long been valued for its flavor and wellness properties.

Today, mango continues to inspire with its vibrant taste, versatility and feel-good nutrition.



Mango is always in season, thanks to six main varieties grown across the U.S. and the world.

From smoothies to salsas, salads to grain bowls and even straight off the peel, there are endless ways to enjoy mango's tropical flavor all year long.



**THE PAISLEY
PATTERN THAT
ORIGINATED IN INDIA
IS BASED ON THE
SHAPE OF A MANGO**



**MANGO IS THE
NATIONAL
FRUIT OF INDIA,
PAKISTAN AND
THE PHILIPPINES**



**1 IN 4
AMERICANS HAVE
ORIGINS IN COUNTRIES
WHERE MANGO IS A
HERITAGE FRUIT**

DID YOU KNOW?

FAST FACTS ABOUT MANGO



There are 500+ varieties of mango around the world.

Most of the mangos sold in the U.S. are one of 6 varieties: Tommy Atkins, Haden, Kent, Keitt, Honey and Francis.



One serving* of mango contains just 70 calories and over 20 important vitamins and minerals.

Mango is an excellent source of Vitamin C (50% DV) and a good source of folate (15% DV) and copper (15% DV), and has healthy fiber, bioactives and antioxidants.



Mango is in season all year long, hitting its peak in the summer.

Most mangos sold in the U.S. come from Mexico, Peru, Ecuador, Brazil and Guatemala.



Mango (*Mangifera indica* L.) is classified as a stone fruit or drupe.

The mango belongs to a family of flowering plants known as Anacardiaceae, which also includes cashews, pistachios and sumac.

*Serving size = 3/4 cup DV = % Daily Value

Source: USDA National Nutrient Database for Standard Reference

**For recipes, inspiration,
and more information,
visit Mango.org.**

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