



# 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](https://Mango.org).**

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