

# MANGO

The Superfruit! Mango is one of the most popular fruits in the world. They were first grown in India, over 5,000 years ago! A mango tree can grow up to 100 feet tall. This fruit is a good source of Vitamin C. Mango is available all year long.

## NUTRITION INFORMATION

One cup of mangos is just 100 calories, so it's a satisfyingly sweet treat.

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.

Mango fruit is a great source of Vitamin-A and flavonoids like *beta-carotene*.

100 g of fresh fruit provides 765 IU or 25% of recommended daily levels of vitamin-A.

Vitamin A is also needed for keeping healthy skin.

Fresh mango is a good source of potassium. 100 g fruit provides 156 mg of potassium while just 2 mg of sodium.

Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure.

Mango has moderate amounts of copper. Copper is a co-factor for many important enzymes in your body and is required for the production of red blood cells.

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