



Magnificent Mangos

Nutrition Chart

½ mango (104g)	
Calories	70
Total fat (g)	0.5
Carbohydrate (g)	17
Total fat(g)	.3
Protein (g)	0
Dietary fiber (g)	1
% of U.S. RDA	
Vitamin A	40%
Calcium	0%
Vitamin C	32%
Iron	0%
Vitamin E	7%

What do you Know?

- The mango is the world's most **popular** fruit.
- It is an excellent source of **vitamin A & C**.
- Never **burn** mango leaves or branches; they produce toxic fumes that can irritate the eyes and lungs.
- Mango trees grow to a **height** of 90 feet high and a spread of 120 feet.
- The Mango belongs to the same family as the cashew and pistachio.
- There are over **1,000** varieties of mangos and they have been grown for about 6,000 years.
- **India** is the world's leading producer of mangos. However most mangos sold in the United States come from Mexico.

Mango Madness Quiz

1. How large can a mango grow?
 - a. One ounce
 - b. Four – six ounces
 - c. One pound
 - d. Several pounds

2. The fruit of the mango is called a:
 - a. Ovalish
 - b. Hanging fruit
 - c. Tricolor fruit
 - d. Drupe

