

Pick a **better snack**™



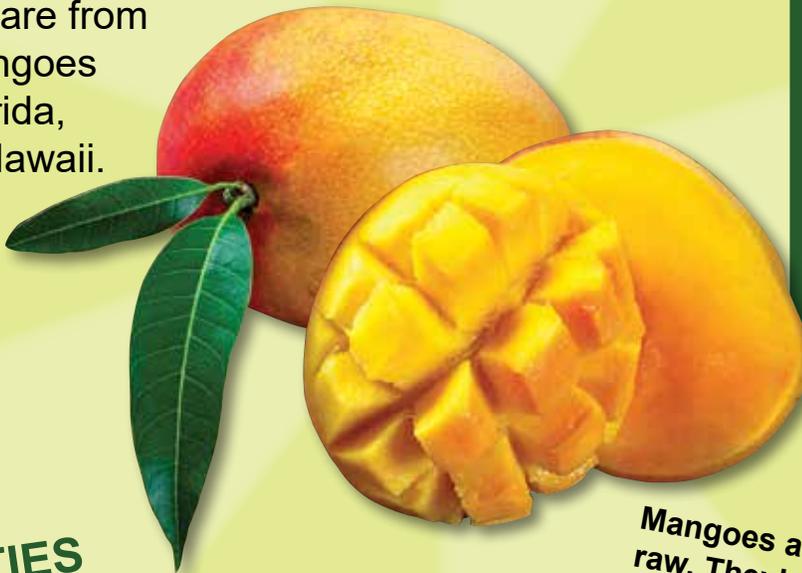
Mangoes are red, orange and green on the outside, and bright yellow-orange on the inside. They have a long, flat seed in the center.

Mango

Mangoes are fruits grown on trees in tropical environments.

Mangoes are native to Southeast Asia, particularly India and Burma. They are one of the most popular fruits in the world!

Most of the mangoes sold in the U.S. are from Mexico, but mangoes can grow in Florida, California and Hawaii. Florida is the main producer of mangoes in the U.S.



NUTRITIONAL FACTS

- Excellent source of vitamin A
- Excellent source of vitamin C
- Fat free
- High in phytochemicals
- Good source of dietary fiber
- Cholesterol free
- Sodium free

VARIETIES

There are hundreds of varieties of mangoes. The most popular variety eaten in the U.S. is the Tommy Atkins.

USES

Mangoes are usually peeled and eaten raw. They're versatile, a tasty ingredient in salads, desserts and even cooked dishes. Mangoes are also used in jams, chutneys, sauces, salsas and smoothies. A Mexican tradition is to eat mangoes with chili or cayenne powder, lime juice and salt.



Adapted from the University of Nebraska - Lincoln Extension. This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP. Pick a **better snack**™ was developed by the Iowa Department of Public Health in partnership with the Iowa Department of Human Services. Updated August 2018.

