

Fresh Fruit & Vegetable Program: February 2023

Featured Fresh Fruit: **MANGO**



Health Benefits:

1. Rich in Vitamin C, A & K – immune system, healing, vision
2. Rich in antioxidants – skin & reduces cancer risk
3. Contains potassium, folate and magnesium – heart, bones and brain health



Fun Facts:

1. Mangoes were first grown in India over 5,000 years ago. India is the largest producer of mangos!
2. There are over 300 types of mangos grown across the world! The most common varieties of mango sold in the US are: Tommy Atkins, Haden, Kent, Keitt, Ataulfo & Francis.
3. The mango is the national fruit of India, Pakistan and the Philippines. It is also the national tree of Bangladesh.

