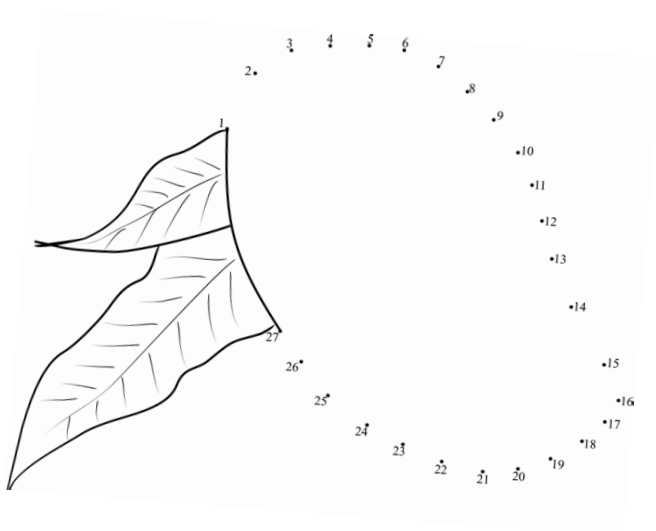


Mango



The superfruit Mango is one of the most popular fruits in the world. They were first grown in India, over 5,000 years ago! This fruit is a good source of Vitamin C. Mango is available all year long.

Connect the dots!



Mangos are related to cashews and pistachios!

A mango tree can grow up to 100 feet tall!!

Color the mango!



Nutrition Information

One cup of mangos is just 100 calories. 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 is also a great source of Vitamin-A and flavonoids like *beta-carotene*. Vitamin A is needed for keeping healthy skin. Fresh mango is also 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.