



MANGO & PINEAPPLE MIX

DID YOU KNOW?

- Mangoes range greatly in size, measuring anywhere from 5 to 30 centimeters in length, and weighing from 4 ounces up to 5 pounds.
- Mangoes are a good source of fiber, Vitamin A, Vitamin C, and potassium. They also contain natural enzymes that help break down proteins.
- Pineapples have the shape of a pinecone, and can reach up to 30 centimeters in length. They have a rough, waxy, hexagonal-patterned rind that is covered in small, soft spikes and topped with a compact grouping of narrow, green, pointed-tipped leaves that extend upright.
- Pineapple is a good source of dietary fiber and vitamin C, as well as some iron and calcium.

FUN FACT!

Mangoes are native to Southern Asia, especially Burma and eastern India, where they have been cultivated for thousands of years. Pineapples are believed to be native to South America, specifically inland areas of what is now Brazil.



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