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Oregon State University



1 cup raw, cubed mango provides:

- 99 Calories, 1.4 gm protein, 3 gm fiber, 0.4 gm fat, no cholesterol

Potential benefits of consuming mangos:

- Excellent source of antioxidants vitamin C, E and several varieties of carotenoids (beta-carotene, lutein, quercetin, ellagic acid) that boost immune function, protect against aging and disease
- Contains B vitamins for metabolism; B6, potassium and magnesium lower homocysteine and blood pressure for heart health
- Rich in prebiotic and soluble fiber which helps control blood sugars and lower cholesterol
- The peel is edible and contains carotenoids, fiber, vitamin E and small amounts of healthy omega-3 fatty acids
- Enjoy sliced, pureed, or dried for a sweet, healthy treat

Health Benefits of Mango

This tropical fruit is refreshing and nutritious, with a creamy texture and a bold sweetness, earning it the title “King of Fruits.”



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