

# Harvest of the Month

Mango

Calories

107

Total Fat

0g

1  
Cup  
Sliced

Sodium

3mg

Sugars

24g

FUN FACTS:

**Mangoes are the  
King of Fruits!**

**More fresh mangoes are  
eaten every day than  
any other fruit.**

*This institution is an equal opportunity provider.*



**Mangoes are known as the King of Fruits!**

**They are the most popular fruit in the World.  
More fresh mangoes are eaten every day than  
any other fruit.**

**Over 4000 years ago, mangoes were found  
growing in India. Today, this nutritious fruit is  
grown in tropical countries around the world.**

**In many Latin countries, mango on a stick with  
the skin peeled back is sold by street vendors.**