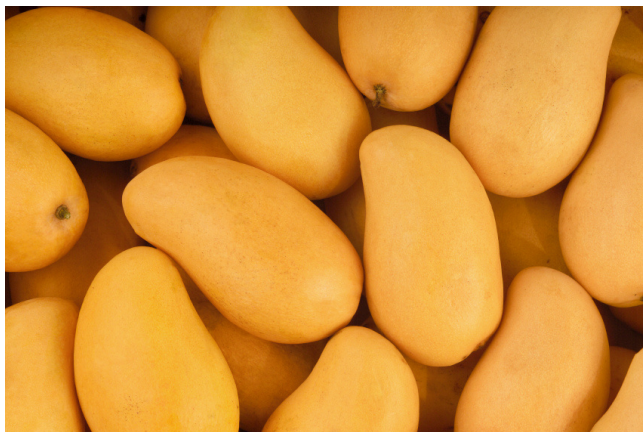


ALL ABOUT MANGOS!

Fresh Fruit and Vegetable Program

FUN FACT

More fresh mangos are eaten around the world every day than any other fruit!



WHAT NUTRIENTS ARE IN MANGOS?

- *When a mango is green and still growing, it is high in Vitamin C*
- *As mangos get more ripe, they get higher in Vitamin A*

MORE ABOUT MANGOS

- *The mango is the national fruit of India, Pakistan, and the Philippines. It is also the national tree of Bangladesh.*
- *Mangos are used in many different ways - try it in breakfast, lunch, dinner, dessert, and juices!*
- *Sour, unripe mangos are popular ingredients in chutneys, pickles, side dishes, or even eaten raw and dipped in salt, black pepper, chili, lime, or soy sauce.*
- *Mango can be a great addition to your salad, on top of chicken, or with fish!*



PORTLAND PUBLIC SCHOOLS
Nutrition Services

This institution is an equal opportunity provider.