

SNACKBITE



Mango

- In India, Mango is referred to as “King of the Fruits”.
- Mangos come in different shapes including round, oblong or kidney-shaped, with skin that’s either yellow, green, orange, red or a mix of colors!
- In many Latin American countries, mango on a stick with the skin peeled back is very popular and sold by street vendors.
- They are the number one most eaten fruit in the world. Mangoes are consumed worldwide by a factor of three to one over bananas and ten to one over apples.
- The amino acid glutamine boosts brain functions and improves short and long term memory.
- Some Mango trees bear fruits and flowers even at the age of 300 years and more!
- Vitamin A in mangos promotes the health and growth of cells and tissues in the body, particularly those in the hair, nails, and skin.



Be sure to visit the Fresh Fruit & Vegetable Program page under West Fargo Public Schools Food Service tab for program information and activities.

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