



Mango

- Mangos are the most popular fruit in the World.
- Mangos were first grown in India over 5,000 years ago.
- The paisley pattern, developed in India, is based on the shape of a mango.
- The mango is a symbol of love in India, and a basket of mangos is considered a gesture of friendship.
- Mangos are related to cashews and pistachios.
- A mango tree can grow as tall as 100 feet.
- The bark, leaves, skin and pit of the mango have been used in folk remedies for centuries.
- A one-cup serving of mangos is just 100 calories.
- Mangos provide 100% of your daily vitamin C, 35% of your daily vitamin A and 12% of your daily fiber.