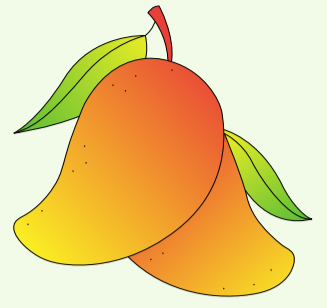


Benefits Of Eating Mango!



Packed with Nutrients

1.

Many people love mango — not only because it's delicious but also because it's very nutritious.



Low in Calories

2.

One cup (165 grams) of fresh mango contains fewer than 100 calories and has a very low calorie density, meaning that it has few calories for the volume of food it provides.



May Help Prevent Diabetes

3.

Fresh mango is relatively high in natural sugar compared with other fresh fruits, containing over 22 grams per cup (165 grams).



High in Healthy Plant

4.

Mango is packed with polyphenols, which are plant compounds that act as antioxidants to protect your body.



Immune-Boosting Nutrients

5.

One cup (165 grams) of mango provides 10% of your daily vitamin A needs.



Supports Heart Health

6.

Mango contains nutrients that support a healthy heart. For instance, it offers magnesium and potassium, which help maintain a healthy blood flow.

