

SAISD CHILD NUTRITION SERVICES  
FRESH FRUIT & VEGETABLE PROGRAM

# MANGO



The mango is known as the King of Fruit.  
A mango tree doesn't produce fruit until  
it's about four years old.

Mangos are picked when mature, and more  
green than yellow. They belong to the  
same family as the cashew and the  
pistachio nut.

They're eaten green in parts of Asia, often  
sprinkled with a mixture of salt and sugar.  
When ripe they're an excellent source of  
vitamin C and dietary fiber.

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