

Mangoes are tropical fruits renowned for their sweet, juicy flavor and vibrant colors. They typically have an oval or oblong shape and a smooth, thin skin that can range in color from green to yellow, orange, or red when ripe. Inside, mangoes have a succulent, fibrous flesh surrounding a large, flat seed.

Nutritionally, mangoes are rich in several key nutrients:

1. Vitamin C: Mangoes are an excellent source of vitamin C, an antioxidant that supports immune function, skin health, and wound healing.
2. Vitamin A: Mangoes are high in vitamin A, particularly in the form of beta-carotene. This nutrient is essential for vision, immune function, and skin health.
3. Dietary Fiber: Mangoes provide a good amount of dietary fiber, which aids digestion, promotes satiety, and helps regulate blood sugar levels.
4. Vitamins B6 and K: Mangoes contain vitamins B6 and K, which play roles in metabolism, brain health, and blood clotting, respectively.
5. Potassium: Mangoes are a good source of potassium, an electrolyte that helps regulate blood pressure, fluid balance, and muscle function.
6. Antioxidants: Mangoes contain various antioxidants, including flavonoids, phenolic compounds, and vitamin C, which help protect cells from damage caused by free radicals.
7. Other Nutrients: Mangoes also provide smaller amounts of other essential nutrients such as folate, magnesium, and copper.

Overall, mangoes are not only delicious but also nutritious, offering a range of vitamins, minerals, and antioxidants that contribute to overall health and well-being.

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