# Mango

## What am I?

Mangoes are a fruit that is part of the drupe family. Mangoes have a thin, waxy, red and green skin that covers the outside. Inside, there is a large pit in the middle of the bright orange flesh. Mangoes have a sweet, tangy flavor.

## How do I grow?

- Mangoes grow on trees and in tropical regions, including southern Florida and southern California.
- India is the top producer of mangoes in the world.

## Nutrition Facts

Vitamin C and A are important antioxidants. Green mangoes have more vitamin C than ripe mangoes however as mangoes ripen, they contain more vitamin A. They are also a good source of dietary fiber.

## Fun Facts

- Mangoes are related to pistachios, cashews and peanuts.
- They are usually peeled and eaten raw.
- Mangoes are the most popular fruit eaten in the world.

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