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NMB sees March roar in with good news for mangos

For operators and their customers, March roars in with two mango-related items worthy of their attention.



Recipe courtesy of

Chef Eric Stein, Church's Texas Chicken

First, [two](#) recently released [studies](#) point to the positive health outcomes of consuming mangos. Findings in two areas confirm mango consumption is associated with better overall diet quality and intake of nutrients, and snacking on mangos may improve glucose control and reduce inflammation in contrast to other sweet snacks. With mangos consumed widely in global cuisines and 58 percent of Americans reporting snacking at least once a day in 2021, this new research provides added evidence that regularly consuming mangos may have health advantages and be relevant to cultural dietary preferences and current eating patterns.

“As immunity remains a priority for consumers today, we’ll continue to see a rise in plant-based options on menus to meet the demand,” said Suwann Frison, [NMB](#) foodservice marketing manager. “Mangos contain over 20 different vitamins and minerals, making it a versatile and healthy ingredient.” Cheers to Nutrition Month with this [Ginger Mangonada](#) that’s full of ripe juicy mango, honey, turmeric, and ginger.

Next, in March, the National Mango Board celebrates women chefs during Women’s History Month. As a sponsor of [Chef’s Roll Center Stage 2022](#), the NMB encourages up and coming women chefs to participate in a competition that could send them on an all-expense-paid trip to the [MAPP Restaurant](#)

[Reset Conference for Women in Food](#) and provides mentoring opportunities with a stellar line-up of chefs.

For more updates on mango nutrition research, foodservice promotion programs, mango recipes and product information visit mango.org/foodservice. While on the site, take advantage of comprehensive product information: mango availability, variety details, handling tips, menu promotion ideas and distributor resources.

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