

NUTRITION INFORMATION

Serving size: 150g (1/2 mango)

	Av QTY Per serve	%DI*	Av QTY per 100g
Moisture	126g		84g
Energy	356kJ	4%	237kJ
Protein	0.6g	1%	0.4g
Total fat	0g	0%	0g
Saturated fat	0g	0%	0g
Total Carbohydrates	20g	6%	13g
Sugars	19g	22%	13g
Dietary fibre	2g	7%	1.3g
Sodium	0mg	0%	0mg
Potassium	230mg		153mg
Vitamin C	36mg	90%	24mg
Beta-carotene	1230ug eq		820ug eq
Glycemic Index (GI) ^	51		

Source: Aust Food Comp Data

^Glycemic Index Database

*based on an average adult diet of 8700 kJ

"<" means less than

NUTRITION INFORMATION PANEL***MUST APPEAR WHEREVER******NUTRITION AND HEALTH CLAIMS******ARE MADE***