



*Weekly News from Berry Science
and the Superfruits Industry*

Superfruits?

Mango and Mangosteen Are Not Related



Left: Mangoes (*Mangifera indica*), high in micronutrients, dietary fiber, pigments and other phytochemicals. Highest ranked superfruit.

Right: Mangosteen (*Garcinia mangostana*), a delicious but low-nutrient fruit, obviously without pigmentation -- does not qualify as a 'super' fruit.

[follow the [Wikipedia](#) links]

For a review of mango as the *top-ranked nutritional superfruit*, other superfruit criteria and rankings

Botanically, **mango** comes from the genus *Mangifera*, plant family *Anacardiaceae* ("cashew" or "sumac" family). Its name derives from 15th century Portuguese seafarers who called it "manga".

Mango has several characteristics of a truly 'super' fruit

- over 33 million tons of annual production worldwide (among top five of all fruits with largest commerce) and a wide diversity of uses as a whole food and consumer products
- may have as many as **1000 cultivars** -- in other words, a highly cultivated fruit
- high in **dietary fiber**, vitamin C and numerous other micronutrients -- these are **key signatures of superfruits**
- skin contains **carotenoids** + **anthocyanins** potentially inhibiting inflammation mechanisms common to onset of various diseases



Mango sorbet dessert and plate serving of cut mango

Botanically, **mangosteen** comes from the genus *Garcinia*, plant family *Clusiaceae* of mainly tropical trees that seep resins. Its name derives from how it was called by native Asian islanders discovered by English explorers centuries ago -- "mangostana".



Mangosteen does not meet a sufficient number of criteria to be a superfruit

- limited crop production from only a few countries in SE Asia and Puerto Rico
- no significant development of **cultivars** -- a very difficult fruit tree to cultivate for yield
- import restrictions by many countries (United States, European Union) due to insect infestation
- low in nutritional value and low content of phytochemicals in the edible white fruit
- relatively low research activity worldwide (has not significantly captured research interest and funding to qualify as a 'hot' research topic by independent scientists)
- phytochemicals in its *inedible* purple rind are readily and inexpensively obtained from other more common plant sources
- no progress toward identifying potential health benefits (lowering disease risk) in humans

Further Reading on Mangosteen

- the "**online encyclopedia**" for **mangosteen**, with many excellent pictures, history and cultivation methods, science, non-science and nonsense, *click!*
- a series of articles, including the "**mangosteen controversy**" -- a debate on the **background science and evaluation of whether mangosteen qualifies as a true superfruit** , *click!*

*Check out the
new Archives just for superfruit essays, [click!](#)*

Twitter for Superfruits News

We're starting a new online update feature using [Twitter](#), a free micro-blogging service where we can periodically broadcast news updates on berries and superfruits.

Twitter is simply a "short message service" (SMS), just 140 characters for quickly broadcasting a message to our educational network of subscribers for the Berry Doctor's Journal. SMS is the same technology as cell phone texting, short messages being used by over 2 billion people. It's the fastest growing network service on the internet.

And you can reply using Twitter to stimulate a conversation or follow-up question.

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