

Tom is a diabetic patient. Would avocado or mango be a better choice for him?

Mango is more popular because of its rich flavor.





Please refer to **the following experience** to answer the question:

- Carefully consider background information.
- Recollect knowledge about key entities.
- Establish clear logical relationships.

Avocado is better because Tom needs to consume less sugar, and mango is too sweet.

