

Mango Demos Made Easy



STEP 1: SQUEEZE GENTLY TO JUDGE RIPENESS

- Slightly soft = ready eat
- Firmer = ripen at room temperature for another day
- Color is not the best indicator of ripeness—choose by feel

STEP 2: SLICE AND SCOOP MANGO CUTTING

- Always cut the mangos in full view of shoppers so they can learn how
- Always wear gloves when cutting the mangos
- Do not try to peel the mango!
- Each mango has a large flat seed in the center of the fruit
- Find the little bump along the narrow edge of the fruit
- This bump is the mango's “eye”, and the seed is always right in line with the eye
- Place the mango on your cutting board with the eye looking up you
- Follow the pictures below
- After step #2, cut additional slices in the other direction to make a checkerboard pattern
- When you scoop out the mango flesh with a tablespoon, it will already be cubed and ready to serve
- Watch the mango cutting video at www.mango.org to see how it's done



Slice each side just past the seed



Slice flesh without breaking the skin



Scoop out slices with a tablespoon and enjoy



Nutrition Facts	
Serving Size 1 cup, sliced (165g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 22g	
Protein 1g	
Vitamin A 35%	Vitamin C 100%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

STEP 3: KNOW YOUR MANGOS

- Mangos are the most popular fruit in the world
- Mangos are a superfruit—bursting with antioxidants and over 20 different vitamins and minerals
- Each one-cup serving of mango provides:
 - 100% of your daily vitamin C
 - 35% of your daily vitamin A
 - 12% of your daily fiber
 - Just 100 calories
- Mangos are grown in tropical regions and most of the mangos we get in the U.S. come from Mexico, Peru, Ecuador, Brazil, Guatemala and Haiti
- In the continental U.S., small mango crops are grown in California and Florida
- Great mangos are available all year-round

STEP 4: GO THE EXTRA MANGO MILE

- Encourage shoppers to visit www.mango.org for a mango cutting video, mango recipes, nutrition info, kids activities and more
- Judging ripeness and cutting the mangos will be easy with just a bit of practice
- Taste a sample from each mango you cut to ensure great flavor and great sales
- Do not include any bruised or mushy parts of the mango in your samples
- The National Mango Board is your client. We represent all fresh mangos from all countries. If more than one variety is on display in the store, be sure to include them all in your sampling