



Turn Your Consumers on to Mangos in Four Easy Steps

Step 1: Know the Basics

- One cup of sliced mango (equal to two servings of fruit) has only 110 calories. One fresh mango will yield approximate one cup of fruit when sliced.
- Mangos are an excellent source of vitamins A and C.
- Mangos are a good source of dietary fiber (one cup provides 3 grams).
- In the U.S., six varieties make up the bulk of mangos available at grocery stores: Ataulfo, Francine, Haden, Keitt, Kent and Tommy Atkins.

Step 2: Translate Benefits of Key Mango Nutrients

- **Vitamin C**
Mangos are an **excellent source** of vitamin C, with one cup providing 80 per cent of the daily value. Vitamin C supports immune function and an increased intake has been associated with decreased risk of stroke and certain cancers.
- **Vitamin A**
Mangos are an **excellent source** of Vitamin A, with one cup providing 25 per cent of the daily value. This important antioxidant is required for normal growth and vision.
- **Fiber**
Mangos are a **good source** of dietary fiber with one cup of sliced mango providing 3 grams. That's 12 per cent of the total fiber needed in a single day. Low-fat, high-fiber diets containing fruits, vegetables and grain products are associated with a reduced risk of some types of cancer.
- **Dietary Guidelines**
The *2005 Dietary Guidelines for Americans* recommend 2 ½ to 6 ½ cups (5 to 13 servings) of a variety of fruits and vegetables each day. The amount of fruits and vegetables you need is based on the number of calories you eat during a day. For example, people who take in 2000 calories per day should have 4 ½ cups (9 servings) of fruits and vegetables daily. One-half cup of fresh fruit is considered one serving. When sliced, a fresh mango yields approximately one cup of fruit, equal to two servings. By eating one mango a day, you will be well on your way to meeting this goal!

Mango Nutrition Facts

Nutrition Facts			
Serving Size 1 cup, sliced (165g)			
Servings Per Container			
Amount Per Serving			
Calories	110	Calories from Fat	5
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	28g		9%
Dietary Fiber	3g		12%
Sugars	24g		
Protein	1g		
Vitamin A	25%	Vitamin C	80%
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: Discover How to Select a Mango - Don't Judge a Mango by its Color

Each type of mango has its own unique flavor, texture, aroma and color. It's common to find mangos in shades of green, yellow and red, with many mangos showing more than one color on their skin. When choosing a mango, don't focus on color—it's not the best indicator of ripeness.

How to Choose a Perfect Mango:

- A ripe mango will have a slight "give" and will be soft to the touch.
- If you're looking for a mango that you can eat today, choose one that is slightly soft.
- A firmer mango would be a good choice if you plan to eat it several days from now.
- To ripen mangos, keep them at room temperature. They will continue to ripen, becoming sweeter and softer over time.
- Once ripe, you can move mangos to the refrigerator until you're ready to eat them. Whole, ripe mangos may be stored for up to five days in the refrigerator. Never refrigerate mangos before they are ripe.

Step 4: Simplify How to Cut a Mango--Easy as 1, 2, 3

Cutting a mango is really quite simple. A mango has a long, flat seed in the center of the fruit. Once you learn how to work around the seed, the rest is easy.

Always wash the mango before cutting and use a clean knife and cutting board. For more cutting techniques, including a video demonstration, visit www.mango.org.

1. Stand the mango on your cutting board stem end down and hold. Place your knife about ¼-inch from the widest center line and cut down through the mango. Flip the mango around and repeat this cut on the other side. The resulting ovals of mango flesh are known as the "cheeks." What's left in the middle is mostly the mango seed.



2. Cut parallel slices into the mango flesh, being careful not to cut through the skin.



3. Scoop the mango slices out of the mango skin using a spoon.

