Mango Variety, Availability, Ripeness Levels & Nutrition
Six major mango varieties available in the U.S. grow in tropical climates from Mexico to South America help ensure a year-round supply.

While generally interchangeable, each variety differs in flavor, texture, color and shape.

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<th>Variety</th>
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- Peak Availability
- Some Availability
Ataulfo

- Flavor: Sweet and creamy
- Texture: Smooth, firm flesh; no fibers
- Color: Vibrant yellow
- Shape: Small; flattened oval
- Ripening Cues: Skin turns to a deep golden color, small wrinkles appear when fully ripe
- Primary Source Country: Mexico
Francis

- Flavor: Rich, spicy, sweet
- Texture: Soft, juicy flesh with fibers
- Color: Bright yellow skin with green overtones
- Shape: Oblong, sigmoid S-shape
- Ripening Cues: Green overtones diminish, yellow becomes more golden
- Primary Source Country: Haiti
Haden

- Flavor: Rich, aromatic
- Texture: Firm flesh; fine fibers
- Color: Bright red, green and yellow overtones, small white spots
- Shape: Medium to large; oval to round
- Ripening Cues: Green areas turn yellow
- Primary Source Country: Mexico
Keitt

- Flavor: Sweet, fruity
- Texture: Firm, juicy flesh; limited fibers
- Color: Dark to medium green, occasional small areas of pink blush
- Shape: Large, oval
- Ripening Cues: Remains green
- Primary Source Countries: Mexico, U.S
• Flavor: Sweet, rich
• Texture: Juicy, tender flesh; limited fibers
• Color: Dark green, often small areas of dark red blush
• Shape: Large, oval
• Ripening Cues: Yellow undertones or spots increase with ripeness
• Primary Source Countries: Mexico, Ecuador, Peru
Tommy Atkins

- Flavor: Mild, sweet
- Texture: Firm flesh; fibers throughout
- Color: Dark red blush often with green and yellow-orange accents
- Shape: Medium to large; oval or oblong
- Ripening Cues: Change not commonly seen
- Primary Source Countries: Mexico, Guatemala, Brazil, Ecuador, Peru
Mango Ripeness Spectrum

- Mango versatility includes use in menu applications at all points along the ripeness spectrum.

<table>
<thead>
<tr>
<th>RIPENESS</th>
<th>FIRMNESS</th>
<th>TEXTURE</th>
<th>COLOR</th>
<th>TASTE/AROMA</th>
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</thead>
<tbody>
<tr>
<td>Green</td>
<td>Firm</td>
<td>Crisp</td>
<td>Pale green to yellow</td>
<td>Tart/faint scent</td>
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<td>Ripe</td>
<td>Slight give to light</td>
<td>Slightly soft, juicy</td>
<td>Yellow to orange</td>
<td>Sweet, slightly sour/delicate floral scent</td>
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<tr>
<td>Very Ripe</td>
<td>Soft</td>
<td>Soft, very juicy</td>
<td>Deep yellow to orange</td>
<td>Very sweet/very aromatic</td>
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NOTE: Mangos harvested when mature are “green” and ripen off the tree.
Mango Nutrition

• Mango not only adds flavor and excitement to menus, it brings superfruit nutrition to the plate:
  • 100 calories per cup.
  • Over 20 different vitamins and minerals.
  • Excellent source of vitamins C and A and folate.
  • Good source of fiber, vitamin B6 and copper.
For More Information

www.mango.org/foodservice