Mangoes are a superfruit—bursting with antioxidants and over 20 different vitamins and minerals. Each serving of mango provides:

- 100% of your daily vitamin C
- 35% of your daily vitamin A
- 12% of your daily fiber
- Only 100 calories

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<thead>
<tr>
<th>MANGO NUTRITION</th>
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| **FLAVOR:** Sweet and creamy flavor  
**TEXTURE:** Smooth, firm flesh with no fibers  
**RIPENING CUES:** Skin turns to a deep golden color and small wrinkles appear when fully ripe. Squeeze gently to judge ripeness.  
**PLU CODES:** 4312 for size 18 and smaller, 4963 for size 16 and larger |

**ATAUFO**

**FLAVOR:** Rich, spicy and sweet flavors  
**TEXTURE:** Soft, juicy flesh with fibers  
**RIPENING CUES:** Green overtones diminish and the yellow becomes more golden as the Franciso ripens. Squeeze gently to judge ripeness.  
**PLU CODES:** Varies by retailer and Rippen

**FRANCIS**

**FLAVOR:** Sweet and fruity  
**TEXTURE:** Firm, juicy flesh with limited fibers  
**RIPENING CUES:** Skin stays green even when ripe. Squeeze gently to judge ripeness.  
**PLU CODES:** 4311 for size 12 and smaller, 4984 for size 8 and 10, 3114 for size 7 and larger

**KEIT**

**FLAVOR:** Sweet and rich  
**TEXTURE:** Juicy, tender flesh with limited fibers  
**RIPENING CUES:** Keitt have yellow undercoats or dots that cover more of the mango as it ripens. Squeeze gently to judge ripeness.  
**PLU CODES:** 4051 for size 12 and smaller, 4959 for size 10 and larger

**KEN T**

**FLAVOR:** Mild and sweet  
**TEXTURE:** Firm flesh due to fibers throughout  
**RIPENING CUES:** This mango may not provide any visual cues. Squeeze gently to judge ripeness.  
**PLU CODES:** 4051 for size 12 and smaller, 4959 for size 10 and larger

**TOMMY ATKINS**

**FLAVOR:** Rich, with aromatic overtones  
**TEXTURE:** Firm flesh due to fine fibers  
**RIPENING CUES:** Green areas of the mango turn to yellow as it ripens. Squeeze gently to judge ripeness.  
**PLU CODES:** 4051 for size 12 and smaller, 4959 for size 10 and larger

**HADEN**

**FLAVOR:** Rich, sweet flavor  
**TEXTURE:** Smooth, firm flesh with no fibers  
**RIPENING CUES:** Skin turns yellow when fully ripe. Squeeze gently to judge ripeness.  
**PLU CODES:** Varies by retailer

<table>
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<th>MANGO HANDLING AT RETAIL</th>
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| Store whole mangos at 54-60°F, NEVER below 50°F.  
If stored at room temperature, order mangos more frequently.  
Display whole mangos at room temperature, NEVER in refrigeration.  
Inspect displays regularly and remove shriveled or injured fruit immediately. |

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<th>AVAILABILITY BY VARIETY</th>
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<td><strong>SQUEEZE GENTLY TO JUDGE RIPENESS</strong></td>
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Slightly soft = ready to eat

Firmer = ripen at room temperature for later

Move ripe mangos into the refrigerator to slow ripening

**SLICE AND SCOOP MANGO CUTTING**

1. Slice each side just past the seed
2. Slice flesh without breaking the skin
3. Scoop out slices with a spoon and enjoy

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<th>MANGO MERCHANDISING</th>
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| Group mangos by variety, size and ripeness level.  
Keep displays well stocked, but avoid bruising, do not stack too high.  
Never stack heavier fruit such as pineapple, papaya or coconuts above mangos.  
Mangos provide 40% of tropical fruit category sales, so maintain high-traffic shelf space year-round where your customers can always find mangos.  
Build secondary mango displays in the produce department and front of store—especially when mango volumes are highest and when mangos are on promotion.  
Build sales by carrying multiple varieties and sizes of mangos. |