

Mango Made Easy

MANGO VARIETIES

MANGO NUTRITION

Mangos 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

Amount Per Se				
Calories 10	0	C	a lories fro	om Fat
			% D	aily Valu
Total Fat 0.5g				1
Saturated Fat 0g				0
Trans Fat	0g			
Cholesterol 0mg				0
Sodium 0mg			0	
Total Carbo	hydr	ate	25g	8'
Dietary Fi	ber 3	g		12
Sugars 22	<u>2g</u>			
Protein 1g				
Vitamin A 35	0/		Vitamin (C 1000
) 70	•		100%
Calcium 2%		•	Iron 2%	
*Percent Daily Vidiet. Your daily videpending on yo	alues n ur calo	nay l rie n	oe higher or	
aspsamg on yo	Calori	ies.	2,000	

Calories per gram:

ATAULFO

KEITT

ripeness.

larger

FLAVOR: Sweet and creamy flavor

TEXTURE: Smooth, firm flesh with no fibers

RIPENING CUES: Skin turns to a deep golden color and small wrinkles ap-

TEXTURE: Firm, juicy flesh with limited fibers

RIPENING CUES: Skin stays green even when

pear when fully ripe. Squeeze gently to judge ripeness. **PLU CODES:** 4312 for size

PLU CODES: 4312 for size 18 and smaller, 4961 for size 16 and larger

FLAVOR: Sweet and fruity

ripe. Squeeze gently to judge

PLU CODES: 4311 for size

12 and smaller, 4584 for size

8 to 10, 3114 for size 7 and

KENT

FRANCIS

FLAVOR: Sweet and rich

TEXTURE: Juicy, tender flesh with limited fibers

FLAVOR: Rich, spicy and sweet flavors

TEXTURE: Soft, juicy flesh with fibers

RIPENING CUES: Green overtones

diminish and the yellow be-

comes more golden as the

Francis ripens. Squeeze

gently to judge ripeness.

PLU CODES: Varies by

retailer and shipper

RIPENING CUES: Kents have yellow undertones 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

limited fibers

HADEN

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



TOMMY ATKINS

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.

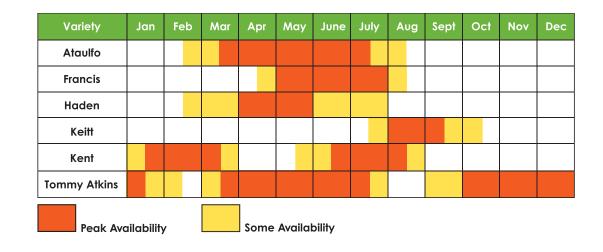
PLU CODES: 4051 for size 12 and smaller, 4959 for size 10 and larger



MANGO HANDLING AT RETAIL

- Store whole mangos at 54-60° F, NEVER below 50°
- 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

AVAILABILITY BY VARIETY

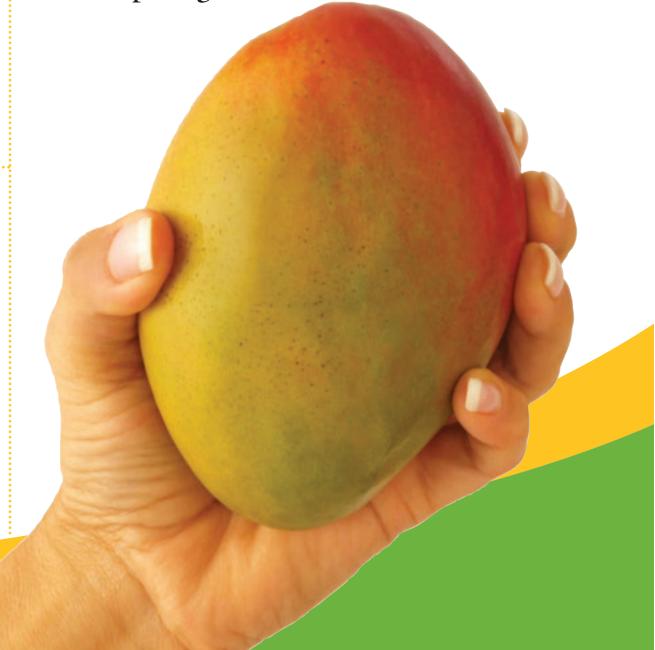


MANGO MERCHANDISING

- Group mangos by variety, size and ripeness level
- Keep displays well stocked, but to 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 or 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

SQUEEZE GENTLY TO JUDGE RIPENESS

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



Slice each side just past the seed



Slice flesh without breaking the skin



Scoop out slices with a spoon and enjoy

○ 2011 National Mango Roard

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