Mango Handling Practices

Good mango handling = better mango quality = happier mango customers = more mango sales!

Mango Handling at the Warehouse

- Move fruit directly to cold storage of 54-60° F at receiving
- NEVER store whole mangos below 50° F
- Maintain relative humidity at 90-95%
- Scrub ethylene from cold room
- Minimize exposure to extreme hot or cold temperatures during loading and unloading
- Outgoing trucks should be pre-cooled, but not below 50° F

Mango Handling at the Retail Store

- Store whole mangos at 54-60° F and NEVER below 50°
- If cold storage at proper temperature is not available, store mangos at room temperature but order more frequently
- Display whole mangos at room temperature and NEVER in refrigeration
- Handle mangos gently to avoid bruising
- Inspect displays regularly and remove overripe, shriveled or injured fruit immediately

Mango Merchandising at the Retail Store

- Educate customers about selection, ripening and cutting
- Group mangos by ripeness in the display to help customers buy mangos for today and mangos for eating several days from now
- Group mangos according to variety and size
- Keep displays well stocked, but do not stack too high to avoid bruising
- Heavier fruit such as pineapple, papaya or coconuts should not be stacked above mangos
- Maintain mango shelf space year-round so 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
- Nationwide, mangos are the largest component (over 36%) of tropical fruit category sales, so give mangos the space they deserve and move them to a prominent position in your produce department
- High volume stores or those with a significant Hispanic or Asian customer base can build sales by carrying multiple varieties and/or sizes of mangos

Brought to you by the National Mango Board
www.mango.org

All About Mangos

Mango Basics For Your Customers

- Color is not the best indicator of ripeness in all varieties, and the red blush that appears on some varieties has nothing to do with quality, maturity or ripeness
- Squeeze gently to judge ripeness
- A ripe mango will “give” slightly and is a good choice to eat today
- A firmer mango is a good choice to be eaten in several days
- Ripen firm mangos on the counter at room temperature
- Once ripe, move mangos into the refrigerator to slow down ripening

Using Mangos

- Mangos are so versatile they can fit into any part of your menu
- Some people like to eat mangos with salt, lime or chili powder - especially when they are under-ripe
- Mangos have tenderizing properties, which makes them perfect for use in marinades
- Firmer mangos are perfect for use in salsas, chutneys and salads
- Over-ripe mangos are ideal for use in smoothies or whenever a recipe calls for mango puree
- Many people agree that even with all of these choices, the best way to eat a mango is perfectly ripe, cut up and served as a snack
- Check out www.mango.org for a complete library of mango recipes

Ingrid Hoffmann’s
Cinco de Mango
Black Bean Salsa

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All About Mangos

Tommy Atkins

- Mild, sweet flavor
- Firm flesh due to fibers throughout
- Skin is a dark red blush with green and orange-yellow accents, ripening with limited cues

Ataulfo

- Sweet, creamy flavor
- Smooth, firm flesh with no fibers
- Skin is vibrant yellow, ripening to a deep golden color with small wrinkles

Haden

- Rich in flavor with aromatic overtones
- Firm flesh due to fine fibers
- Skin is bright red with green and yellow overtones and small white dots, ripening to more yellow

Francis

- Rich, spicy and sweet flavor
- Soft, juicy flesh with fibers
- Skin is bright yellow with green overtones, ripening to golden yellow with less green overtones

Kent

- Sweet, rich flavor
- Juicy, tender flesh with limited fibers
- Skin is dark to medium green with a small amount of dark red blush, ripening with yellow undertones or dots

Keitt

- Sweet, fruity flavor
- Firm, juicy flesh with limited fibers
- Skin is dark to medium green with a small amount of pink blush, ripening with the same intense green

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%
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

Mango Nutrition

- Mangos are an excellent source of vitamins A and C, a good source of fiber and an amazing source of tropical flavor
- Mangos contain over 20 different vitamins and minerals
- Mangos score 93 out of 100 on the NuVal scoring system for overall nutritional quality - check out www.nuval.com for more information

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