

# MANGO DEMOS *Made Easy*



## STEP 1

SQUEEZE GENTLY

TO JUDGE

RIPENESS

- SLIGHTLY SOFT = READY EAT
- FIRMER = RIPE AT ROOM TEMPERATURE FOR ANOTHER DAY
- COLOR IS NOT THE BEST INDICATOR OF RIPENESS – CHOOSE BY FEEL



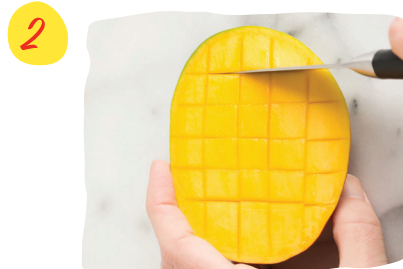
## STEP 2

### SLICE AND SCOOP MANGO CUTTING

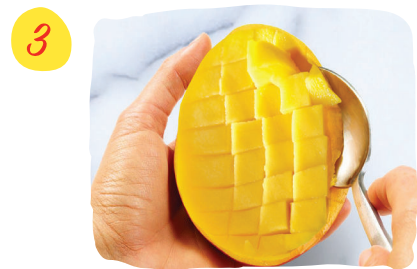
- Always cut the mangos in full view of shoppers so they can learn how
- Always wear gloves when cutting the mangos
- Do not try to peel the mango!
- Each mango has a large flat seed in the center of the fruit
- Find the little bump along the tip of the fruit
- This bump is the mango's "eye", and the seed is always right in line with the eye
- Place the mango flat on your cutting board
- Follow the pictures below
- After step #2, cut additional slices in the other direction to make a checkerboard pattern
- When you scoop out the mango flesh with a tablespoon, it will already be cubed and ready to serve
- Watch the mango cutting video at [www.mango.org](http://www.mango.org) to see how it's done



Slice each side just past the seed.



Slice flesh without breaking the skin.



Scoop out slices with a tablespoon and enjoy.

## STEP 3

# KNOW YOUR MANGOS

- Mangos are the most popular fruit in the world
- Mangos contain over 20 different vitamins and minerals, helping to make them a superfood.
- Each ¾ cup serving of mango provides:
  - 50% of your daily vitamin C
  - 8% of your daily vitamin A
  - 7% of your daily fiber
  - 15% of your daily folate
  - 15% of your daily copper
  - Just 70 calories
- Mangos are grown in tropical regions and most of the mangos we get in the U.S. come from Mexico, Peru, Ecuador, Brazil, Guatemala and Haiti
- In the continental U.S., small mango crops are grown in California and Florida
- Great mangos are available all year-round



### Nutrition Facts

3/4 cup pieces

(124g)

Serving size

Amount per serving

**Calories 70**

% Daily Value\*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 0.2mg	2%
Potassium 208mg	4%
Vitamin A 67mcg RAE	8%
Vitamin C 45mg	50%
Vitamin E 1.11mg	8%
Vitamin K 5.2mcg	4%
Niacin 0.828mg	6%
Vitamin B6 0.147mg	8%
Folate 53mcg	15%
Copper 0.137 mg	15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## STEP 4

# GO THE EXTRA MANGO MILE

- Encourage shoppers to visit [www.mango.org](http://www.mango.org) for a mango cutting video, mango recipes, nutrition info, kid's activities and more
- Determining ripeness and cutting the mangos will be easy with just a bit of practice
- Taste a sample from each mango you cut to ensure great flavor and great sales
- Do not include any bruised or mushy parts of the mango in your samples
- The National Mango Board is your client. We represent mangos from all countries. If more than one variety is on display in the store, be sure to include them all in your sampling

