



Mango Nutrition Toolkit for Health Professionals







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Mango

101



Mango Varieties



HONEY / ATAULFO



FRANCIS



HADEN



KEITT



KENT



TOMMY ATKINS



How to * Choose a Mango

- * When you choose a mango, don't focus on color. It is not the best indicator of ripeness. Mango varieties come in a multitude of colors, shapes and sizes. Get to know the different varieties you may come across when shopping.
- * Squeeze the mango gently. A ripe mango will give slightly. A medium-ripe mango will be somewhat firm, and an unripe mango will be very firm to the touch. Do you know that mangos can be enjoyed at all levels of ripeness? Mango flavor ranges from sour-tart for unripe mangos to naturally sweet for ripe mangos.
- * Use your experience with produce such as peaches and avocados to help you easily choose a mango, since they also become softer as they ripen.
- * Ripe mangos will sometimes have a fruity aroma at their stems. When considering how to choose a fresh mango, this is one of the most enjoyable ways!
- * The red color that appears on some varieties is not a way to easily choose a mango as it isn't an indicator of ripeness. Always judge by feel.

How to Cut a Mango

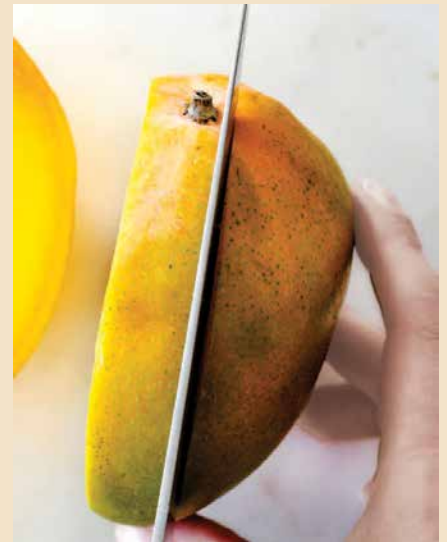
There are several ways to cut a mango. Once you master how to cut around the long, flat seed in the center of the fruit, enjoying mangos is super simple. Be sure to use a clean knife and cutting board, and always wash the mango before cutting. Here's one easy way to dice a mango!

1 |



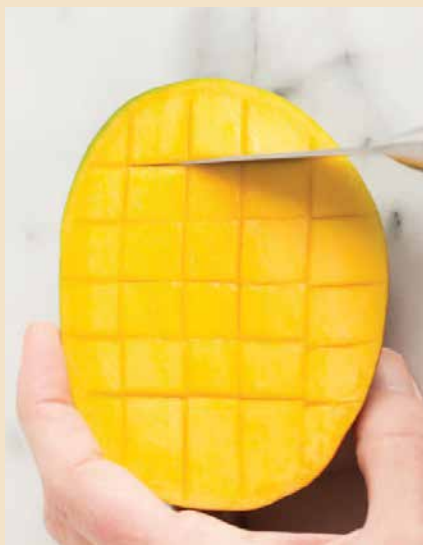
With the stem on top, cut down slightly off center to the tip end.

2 |



Repeat on the other side, cutting as close to the seed as possible.

3 |



Cut the flesh in a grid-like pattern without going through the skin.

4 |



Use a large spoon to detach the flesh from the skin and scoop out the cubes. That's it, enjoy!

Mango Nutrition Facts

Nutrition Facts

Serving size 3/4 cup pieces
(124g)

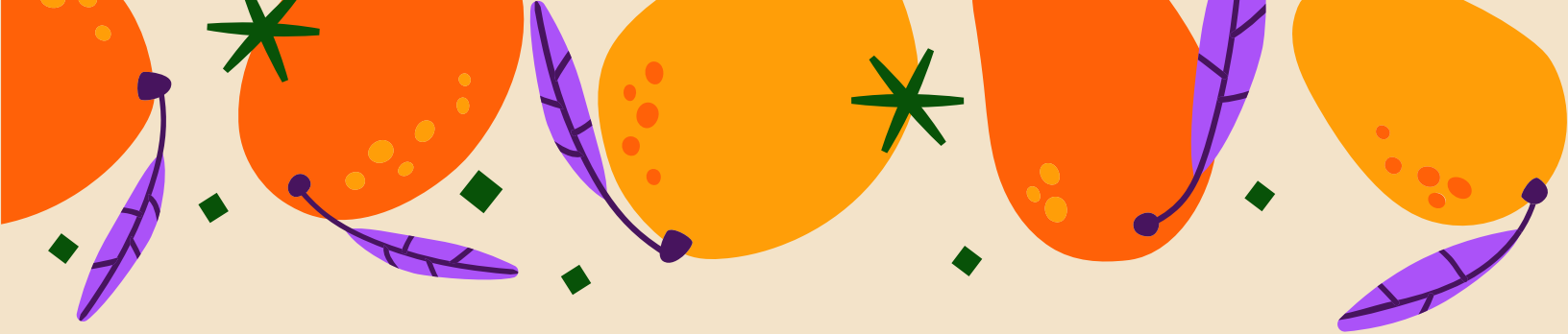
Amount per serving

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.





Mango Packs A Nutritional Punch

A mango serving size* is equivalent to 3/4 cup of sliced mango and is just 70 calories, so it's a satisfyingly sweet treat.

One serving (3/4 cup) of mango contains 7% of your daily fiber. It's a delicious and fun way to get some fiber in your diet.

There are 202 calories in a whole mango (without refuse and 336 grams).

3/4 cup of mango provides 50% of your daily vitamin C, 8% of your daily Vitamin A and 8% of your daily vitamin B6. These nutrients in mango may help support your body's immune system.

Each serving of mango is fat free, sodium free and cholesterol free.

3/4 cup of mango is also a good source of folate and copper, making up 15% of your daily requirement for each.

Mangos contain over 20 different vitamins and minerals, helping to make them a superfood.

There are 19 grams of carbohydrates in a 3/4-cup serving of mango, making up 7% of your daily value.

*NOTE: The FDA requires food labels to use Reference Amounts Customarily Consumed (RACC), which is a 3/4-cup (124 grams) serving for mango. Therefore, you'll see a difference from the 1-cup (165 grams) serving recommended by the Dietary Guidelines for Americans. Either amount offers a delicious and healthy product.



Latest Health Research

A recent observational study found positive outcomes in nutrient intake, diet quality and weight-related health outcomes in individuals who consume mangos versus those who do not.¹ The study, published in *Nutrients* in January 2022, used United States National Health and Nutrition Examination Survey (NHANES) 2001-2018 data to compare the diets and nutrient intakes of mango consumers to people who did not consume mangos.

The study showed that children who regularly ate mango had higher intakes of immune-boosting vitamins A, C and B6, as well as fiber and potassium. Fiber and potassium are two of the four “nutrients of concern” as defined by the Dietary Guidelines for Americans, which means many Americans are not meeting recommendations for these. In adults, researchers found similar results, showing that mango consumption was associated with significantly greater daily intakes of fiber and potassium but also vitamins A, B12, C, E and folate, a vitamin critical during pregnancy and fetal development. For both children and adults, consuming mango was associated with a reduced intake of sodium and sugar, and for adults was associated with a reduced intake of cholesterol.

A pilot study, published in *Nutrition, Metabolism & Cardiovascular Diseases* in 2022 looked at mango as a snack and found that consuming whole mangos as a snack versus a control snack had better health outcomes in overweight and obese adults.² Given that 97% of American adults consume snacks that contribute up to 24% of their daily energy intake³ this study sought to compare snacking on 100 calories of fresh mango daily to snacking on low-fat cookies that were equal in calories.

Diabetes and Obesity

Evidence supporting a potential role of mangos in diabetes and obesity prevention involves both animal studies⁴⁻⁷ and human trials.⁸⁻¹⁰ Collectively, some of the human mango studies reported potential impact on maintaining normal blood glucose control, possibly through improvements in insulin action and glycogen synthesis.¹¹ Other studies showed mixed results for different populations, suggesting that more research is needed.

A 12-week study of 20 obese adults, ages 20-50 years, found that regular consumption of mango helped maintain normal fasting blood glucose levels and did not negatively impact body weight, suggesting potential health benefits for individuals with metabolic disorders.⁸

Animal and cell culture studies have explored effects on insulin resistance,¹²⁻¹³ glycogen metabolism and pancreatic beta-cell function.^{7,14} In one animal study, rats fed freeze-dried mango experienced improved glucose tolerance and lipid profile and reduced body fat associated with a high-fat diet compared to the control group.¹² The same research team fed rats freeze-dried mango and found improved glucose tolerance and lipid profiles without negative effects on bone health, which can be a risk with certain diabetes medications.¹² Additional research with humans is needed to determine the benefits of mangos in diabetes control.

In a human trial of 12 lean and nine obese adults, ages 18-65, the lean participants who consumed 400 grams of mango pulp each day for six weeks

experienced lowered blood pressure. The obese participants experienced decreased inflammatory cytokines, which may have implications for obesity-related chronic diseases, the authors conclude.¹⁵ Additional research is needed with a larger sample size and longer duration. Long-term effects are not known.

A cell culture study observed that mango peel (which is not typically eaten) inhibited the process of adipogenesis, which involves the production of mature fat cells.¹⁶ This hypothesis testing study was exploratory. It is not known if the compounds in mango peel will play a role in regulating adipogenesis in humans. Similarly, mango polyphenols (gallotannin derivatives) were observed to have potential anti-obesogenic effects in mature fat cells.¹⁷ These cellular studies provide a hypothesis only and human clinical studies are needed to determine what the effect would be on humans.

Mangos not only contribute valuable nutrients but they're also classified as a low glycemic food, which can be helpful for managing blood sugar levels, according to the American Diabetes Association.¹⁸





Gut Health

The research on mangos and gut health is still emerging, although early evidence indicates that mangos may have beneficial effects. Research conducted at Texas A&M University found that mangos were more effective in relieving constipation and reducing intestinal inflammation than comparable amounts of fiber.¹⁹ In the four-week study, 36 men and women with chronic constipation were randomly divided into two groups: the mango group ate about 300 grams of mango a day (equivalent to about 2 cups or one mango), while the fiber group consumed a comparable amount of fiber powder, 1 teaspoon of psyllium fiber supplement (5 grams of dietary fiber). Mango consumption was found to be more effective in reducing the symptoms of constipation and increasing short-chain fatty acid levels, which indicate improvement of intestinal

microbial composition. The mango group also experienced a reduction in certain biomarkers of inflammation, a benefit over fiber consumption.

A variety of cell culture and animal studies have explored the potential impact of mango consumption on the microbiome and intestinal inflammation. These findings are preliminary and only pertain to rats. Consequently, no conclusions can be drawn regarding effects in humans, and more human investigations are needed.

Rats given a mango beverage experienced a reduction of certain biomarkers of inflammation in a model of colitis.^{20,21} The study was conducted over a short period and had a small sample size. Longer-term and larger human investigations would be needed to determine the effect in humans. In another animal study, rats that consumed mango experienced a reduction of the loss of beneficial gut bacteria caused by a high-fat diet. Mango consumption also supported the production of short-chain fatty acids, suggesting greater microbial fermentation.²² The analysis was only conducted with a high-fat diet. The outcomes for other types of diets are not known.

In a human clinical pilot trial of 32 participants, lean and obese adults (ages 18-50) were given 400 grams of mango pulp every day for six weeks.²³ Only the lean participants experienced a significant increase in the production of gallotannin metabolites and a slight, non-significant increase in fecal short-chain fatty acids (SCFA). SCFA are metabolites resulting from bacterial fermentation in the digestive tract that may play a role in gut health. It is unknown if the observed changes would be long-lasting; additional research is needed. Human clinical trials using whole mangos are currently underway to explore the potential impact of mango consumption on gut health.



Heart Health

Emerging research suggests polyphenol in mangos may play a role in helping to maintain heart health.^{11,24} In a human clinical trial of 97 adults in China, the overweight participants with hyperlipidemia who consumed mangiferin supplementation (150 mg/day) for 12 weeks experienced decreased serum levels of triglycerides and free fatty acids, and increased HDL or “good” cholesterol levels.²⁵ Other lifestyle patterns may have contributed to this outcome and it is unknown what the effects would be in a U.S. population.

In an observational study, adult mango consumption was found to be associated with lower levels of C-reactive protein, a risk factor for heart disease.²⁶ Another analysis of food consumption surveys using NHANES data did not find a relationship between fruit and vegetable intake and C-reactive protein levels. Findings on produce are mixed, and more research is needed.

Animal studies have also explored the role of mangiferin, the major polyphenol compound in mangos, in supporting normal cholesterol levels.²⁷ Ongoing research based on mango extracts

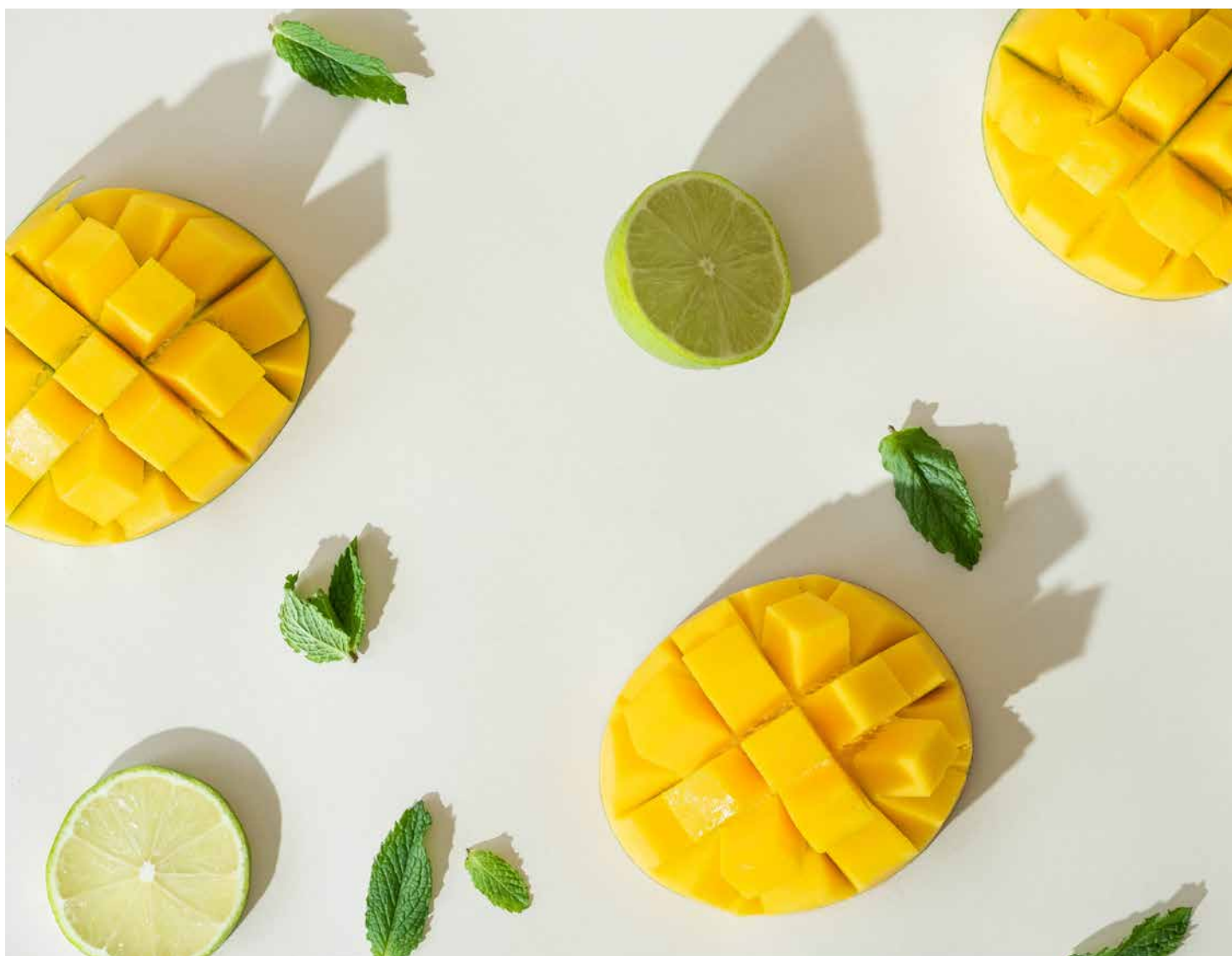
suggests that mango polyphenol compounds may interfere with multiple biological processes critical to the development of metabolic syndrome and heart disease.²⁸ It is not yet known if similar effects would be observed with whole fruit consumption, which may also be an area for further investigation.

These studies were primarily animal and cellular studies, so the findings are preliminary. No conclusions can be drawn regarding effects in humans, and more human investigations are needed. Additional human clinical trials are currently underway to further explore the impact of mango consumption on blood pressure.



Cancer

Culture cell and animal studies have explored the connection between the compounds in mango and cancer risk.²⁹ The studies on mangiferin and gallotannins derived from mango have involved breast, colon and renal cancer cell lines.³⁰⁻³⁴ Researchers at Texas A&M University found that mango polyphenols, specifically pyrogallol derived from gallotannins, helped suppress breast cancer cells in vitro at physiological concentrations.³² As with all animal and cellular research, these studies are helpful for forming hypotheses for future investigations with humans. At this time, however, there are no potential benefits to humans and additional human clinical trials are needed to confirm these findings.





Skin Health

Few studies have been published on mangos and skin health, yet the data looks promising and additional research is warranted. After all, mangos have multiple nutrients that are linked to skin health, including vitamin A, vitamin C and copper. Vitamin A (retinol) is hydrophilic, or water-loving, which helps draw water to the surface of the skin. The nutrient may help improve the texture, moisture and elasticity of the skin. Vitamin C (ascorbic acid) has antioxidant properties, plays an essential role in collagen synthesis and protects against ultraviolet (UV)-induced skin damage. Copper is an essential mineral that plays a key role in the synthesis and stabilization of skin proteins. Degradation of collagen is considered a major contributor to wrinkle formation and skin appearance.



Infant and Toddler Feeding



For the first time, the 2020 – 2025 Dietary Guidelines for Americans made key recommendations for feeding infants and toddlers. Early childhood is a critical time for nutrition, introducing new foods and setting healthy eating habits. A recent observational study examined national food consumption data (NHANES) and found that mango consumption was associated with better nutrient intakes and diet quality. Additionally, children who ate mangos had lower sugar intakes compared to those who did not eat mangos.¹

DIETARY GUIDELINES KEY RECOMMENDATIONS

- For the first six months of life, infants should be fed breastmilk or iron-fortified formula exclusively.
- Begin introducing nutrient-dense solid foods around six months.
- Encourage infants and toddlers to consume a variety of foods from all food groups.
- Limit foods that are high in added sugars and sodium.

SIGNS BABY IS READY FOR SOLID FOODS

- Being able to control head and neck.
- Sitting up alone or with support.
- Bringing objects to mouth.
- Trying to grasp small objects.
- Swallowing foods, not pushing them out of their mouth.

HOW TO INTRODUCE MANGO TO YOUR BABY

Beginning at 6 Months

- At six months baby can use their palmer grasp to pick up thick mango slices.
- Many cultures peel whole mangos and let children chew or gum them down to the pit.
- Raw mango can be served mashed or pureed.
- It can take baby 8-10 different exposures to become comfortable with a new food.

9-12 Months

- Once baby has developed their pincer grasp, they can eat thin slices or small cubes of mango.
- Frozen mango pits or large spears can be used as homemade teethingers. Freezing makes mango easier to grasp, and the cold provides relief for sore gums.

12 -24 months

- Try small bites of mango toddlers can practice eating with a fork.
- Mango popsicles or lassies are fun ways to add mango to a toddler's diet.

SIGNS A CHILD IS HUNGRY OR FULL

A CHILD MAY BE HUNGRY IF HE OR SHE:

- Reaches for or points to food
- Opens his or her mouth when offered a spoon or food
- Gets excited when he or she sees food
- Uses hand motions or makes sounds to let you know he or she is still hungry

A CHILD MAY BE FULL IF HE OR SHE:

- Pushes food away
- Closes his or her mouth when food is offered
- Turns his or her head away from food
- Uses hand motions or makes sounds to let you know he or she is full



CHOOSE MANGO

Even some of the pickiest eaters love mangos for their sweet and juicy flavor, but there's more to mango than just its flavor.

- One serving of fresh mango has:
 - **Vitamin C** to support a baby's developing immune system
 - **Folate** to help the body make red blood cells
 - **Vitamin B6**, which plays a critical role in metabolism and supports immune function and brain health
 - **Vitamin A** to help maintain healthy skin and eye health
- According to the Dietary Guidelines for Americans, nutrients of concern for toddlers are calcium, vitamin D and iron. Mango's versatility and natural sweetness make it a great complementary food to dairy, red meat and other foods high in those nutrients.
- Mangos are a tasty way to introduce cultural variety into your baby's diet.



HOW TO CUT A MANGO

Don't let cutting a mango hold you back from introducing them to your child. This quick tutorial from @mamaknowsnutrition demonstrates how simple cutting a mango really is. Scan the QR code to watch!

Nutrition During Pregnancy

According to the Dietary Guidelines for Americans, following a healthy dietary pattern during pregnancy may improve pregnancy outcomes and has the potential to affect the health outcomes of mother and baby as they grow.

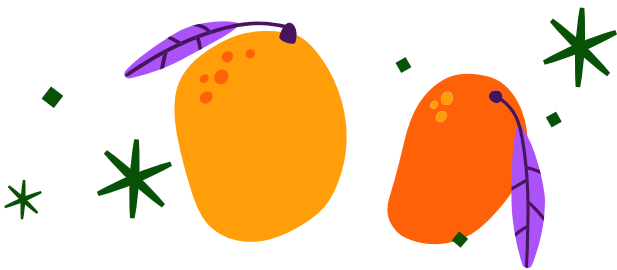
Three-fourths ($\frac{3}{4}$) cup of mango is a good source of folate, making up 15% of your daily requirement. Folic acid is critical before and during the early stages of pregnancy because it can help prevent major neural tube and birth defects.³⁴ In addition to folate consumed through foods, women of childbearing age should also take a daily folate or prenatal vitamin supplement.



Calorie Needs Increase as Pregnancy Progresses

It's important to meet these increased calorie needs with nutrient-dense foods that are low in sodium and added sugar. That is where mango comes in!

- A mango serving size is equivalent to ¾ cup of sliced mangos and is just 70 calories.
- Each serving of mango is fat free, sodium free and cholesterol free.
- Mangos contain over 20 different vitamins and minerals, helping make them a superfood.
- ¾-cup of mango provides 50% of your daily value of vitamin C, 8% of your daily value of Vitamin A and 8% of your daily value of vitamin B6. These nutrients in mango may help support your body's immune system.
- A serving of mango is a good source of folate, making up 15% of your daily requirement.



Pregnancy Precautions

- Thoroughly wash produce under cool, running water before preparing. No soap or detergent is needed.
- Cut away any bruised or damaged areas of the fruit or vegetable.
- Choose nutrient-dense foods, like mango, that offer vitamins, minerals and other antioxidants.
- Avoid deli meats, soft cheese, undercooked foods and alcohol, and consume no more than 300mg of caffeine a day.

Estimated Change in Calorie Needs During Pregnancy and Lactation for Women with a Healthy^a Pregnancy Weight

STAGE OF PREGNANCY OR LACTATION	ESTIMATED CHANGE IN DAILY CALORIE NEEDS COMPARED TO PREGNANCY NEEDS
PREGNANCY: 1 ST TRIMESTER	+0 CALORIES
PREGNANCY: 2 ND TRIMESTER	+340 CALORIES
PREGNANCY: 3 RD TRIMESTER	+452 CALORIES
LACTATION: 1 ST SIX MONTHS	+330 CALORIES ^b
LACTATION: 2 ND SIX MONTHS	+400 CALORIES ^c

^a These estimates apply to women with a healthy pregnancy weight. Women with a pregnancy weight that is considered overweight or obese should consult their healthcare provider for guidance regarding appropriate caloric intake during pregnancy and lactation.

^b The EER for the first 6 months of lactation is calculated by adding 500 calories/day to pregnancy needs to account for the energy needed for milk production during this time period, then, subtracting 170 calories/day to account for weight loss in the first 6 months postpartum.

^c The EER for the second 6 months of lactation is calculated by adding 400 calories/day to pregnancy needs to account for the energy needed for milk production during this time period. Weight stability is assumed after 6 months postpartum.

NOTE: Estimates are based on Estimated Energy Requirements (EER) set by the Institute of Medicine. Source: Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Washington, DC: The National Academies Press, 2005.



Fuel up with Mango

BALANCED NUTRITION CAN PLAY AN INTEGRAL ROLE IN ENHANCING ATHLETIC PERFORMANCE. FOR ATHLETES FOCUSING ON CARBOHYDRATES, PROTEIN, HYDRATION, AND VITAMINS AND MINERALS, ARE VITAL TO STAYING PROPERLY FUELED.



Mangos are a fruit that can help to optimize physical activity and performance by delivering readily available carbohydrates to increase muscle glycogen, with 70 calories in a $\frac{3}{4}$ -cup serving. Bursting with over 20 vitamins and minerals, mangos are one of the tastiest ways to support a healthy lifestyle.

ONE $\frac{3}{4}$ -CUP SERVING OF MANGO PROVIDES

- 50% of the daily requirement for vitamin C, an antioxidant that plays an important role in immune function
- 70 calories
- 7% of the daily value of fiber, which makes you feel full faster and, therefore, may help support weight management
- 8% of the daily value of vitamin A, which helps maintain healthy skin and is important for immune function and bone growth
- A good source of folate (15% of the daily value), a B vitamin with many functions throughout the body, including cardiovascular health
- 8% of the daily value for vitamin B6 and 15% of the daily value for copper, to support healthy immune function.

The vitamins and minerals in mangos can also play a functional role in exercise performance and supporting recovery from training and regular exercise. One of the greatest things you can do to perform at your best is to stay healthy. Mangos have several nutrients that play a role in immune function, including vitamin A, vitamin C, vitamin B6 and copper. Exercise can increase the production of free radicals, which can result in oxidative stress (sometimes felt as general fatigue) and muscle damage.³⁶ The antioxidants found in mangos and other fruits and vegetables can help protect the body against the production of free radicals, and subsequent effects of oxidative stress.³⁷



GENERATION Z

Generation Z (also known as Gen Z or Zoomers) is defined as individuals who were born between the years 1996 and 2012. They are the most diverse generation in American history to date. The Pew Research Center reports that 48% of Gen Z are racial or ethnic minorities.³⁸ They are on track to be the most educated generation and are digital natives who have never known life without the internet or a cell phone.³⁹ According to a consumer research survey done by the National Mango Board, 77% of Gen Z participants reported tasting a mango,⁴⁰ which was higher than both Millennials and Gen X.

Why It Matters

Mangos are known as the “King of Fruits” and are one of the most popular fruits in the world. They are native to India and Southeast Asia, but are popular in many other global cuisines including African, Latino, Caribbean and the Mediterranean. They are quickly becoming a favorite in American households as well. With America’s population growing more diverse, we can expect to see global cuisines becoming a staple in American kitchens.



How Mango Fits In

Nutritious and delicious, the mango delivers on all levels. In addition to their juicy tropical flavor, mangos deliver nutritional value and make healthy eating a joyful and nostalgic experience.

The 2020-2025 Dietary Guidelines for Americans recommend healthy patterns at every life stage. Healthy eating patterns should be customized to reflect an individual's cultural traditions while also including nutrient-dense foods and beverages within calorie limits. That's where mangos come in! The versatile mango is available year-round and adds delicious flavor to a balanced diet.

- A mango serving size is equivalent to $\frac{3}{4}$ cup of sliced mangos and is just 70 calories, so it's a satisfyingly sweet treat.
- There are 202 calories in one whole mango (without refuse and 336 grams).
- Each serving of mango is fat free, sodium free and cholesterol free.
- Mangos contain over 20 different vitamins and minerals, helping to make them a superfood.
- Three-fourths ($\frac{3}{4}$) cup of mango provides 50% of your daily value of vitamin C, 8% of your daily value of Vitamin A and 8% of your daily value of vitamin B6. These nutrients in mango may help support your body's immune system.
- One serving ($\frac{3}{4}$ cup) of mango contains 7% of your daily value of fiber. It's a delicious and fun way to get some fiber in your diet.
- Three-fourths ($\frac{3}{4}$) cup of mango is a good source of folate and copper, making up 15% of your daily requirement for each.
- There are 19 grams of carbohydrates in a $\frac{3}{4}$ -cup serving of mango, making up 7% of your daily value. Give your body a delicious and super fun super fruit!

How to Cut a Mango

Gen Z are used to learning through digital outlets and they can appreciate a good kitchen hack. Share this How to Cut a Mango YouTube video with your Gen Z clients. Scan the QR code to watch!





Cultural Dietary Patterns

DEFINING DIETARY PATTERNS

According to the 2020-2025 Dietary Guidelines for Americans, a dietary pattern represents the totality of what an individual habitually eats and drinks. Establishing a healthy dietary pattern is important as it can help reduce the risk of chronic diseases. A healthy dietary pattern should be customized to each individual or family and should reflect their personal preferences, cultural traditions and budget. Diverse foodways and global cuisines can all fit into a healthy eating pattern. In addition, limit foods and beverages that are high in sodium, added sugars and saturated fats. Choose fruits, vegetables, whole grains, low-fat dairy and lean proteins in their nutrient-dense forms.



Mangos are Known as the 'King of Fruits'

MANGOS ARE THE NATIONAL FRUIT OF INDIA, PAKISTAN AND THE PHILIPPINES

The sunniest fruit in the produce aisle is also one of the most popular fruits in the world. Mangos are native to India and Southeast Asia but are popular in many other global cuisines including African, Latin, Caribbean and the Mediterranean. Mangos are quickly becoming a favorite in American households as well, and with America's population growing more diverse we can expect to see foods and ingredients from global cuisines becoming a staple in American kitchens.

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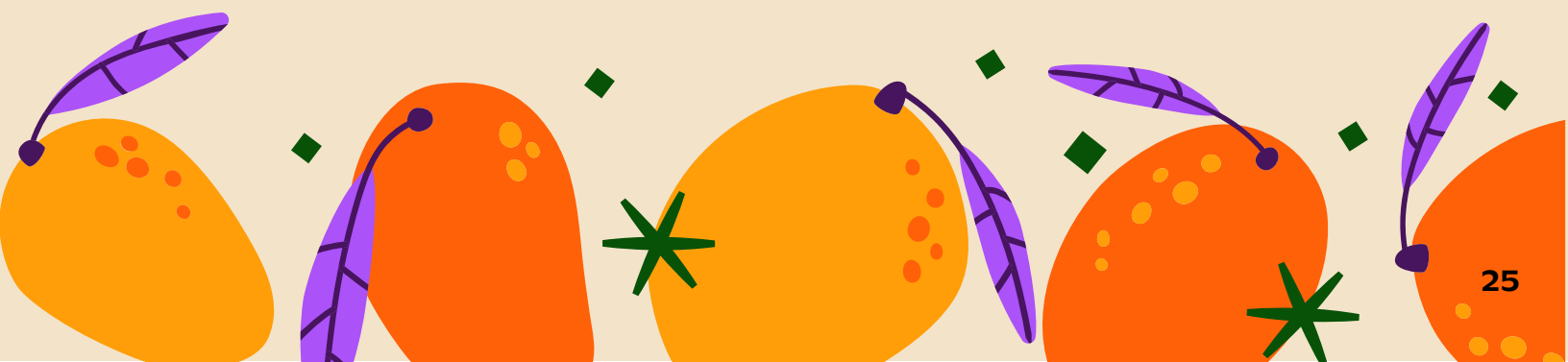
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CULINARY MEDICINE

A 2016 article in *Public Health Management* defines Culinary Medicine as “an evidence-based field in medicine that blends the art of food and cooking with the science of medicine.”⁴¹ Culinary Medicine allows health professionals to empower patients to eat high-quality meals. Many culinary medicine programs emphasize the Mediterranean Diet, however, there is no one-size-fits-all approach and special consideration should be given to a patient’s socioeconomic status, location and culture. Culinary medicine should not replace prescription medications or other forms of prescribed therapy. Instead, it should work in tandem with these treatments.

These recipes were developed by registered dietitians in culinary nutrition at the Goldring Center for Culinary Medicine. They highlight the cultural significance, diversity and versatility of mangos as both a fruit and ingredient in recipes, along with mango’s role in a healthy eating pattern and their ease of use.

Mango Golden Oatmeal Muffins

Mango Lassi Parfait

Spicy Thai Mango Salad

Mango, Avocado & Jicama Salad

Mango Lime Agua Fresca

Rainbow Spring Rolls with Tofu

Citrus Shrimp & Mango Ceviche

Spiced Salmon with Mango Chutney

Mango Jerk BBQ Chicken Sandwiches

Mango Red Cabbage Slaw

Mango Red Lentil Curry



Mango Golden Oatmeal Muffins

Servings: 12

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes



INGREDIENTS

- 1 cup all-purpose flour
- 1 cup instant or quick oats
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon Kosher salt
- ¾ teaspoon ground turmeric
- ¾ teaspoon ground cinnamon
- ½ teaspoon ground cardamom
- ½ teaspoon ground ginger
- ⅛ teaspoon black pepper
- 2 large eggs
- 1 cup plain, low-fat yogurt
- ½ cup brown sugar, lightly packed
- ¼ cup canola oil
- 1 teaspoon vanilla extract
- 1 mango, diced
- ¼ cup unsweetened, shredded coconut, divided

PREPARATION

1. Preheat oven to 350°F. Line a 12-cup muffin pan with paper liners or spray with non-stick cooking spray. Set aside.
2. In a medium bowl, add flour, oats, baking powder, baking soda, salt and spices. Whisk to combine thoroughly.
3. In a separate large bowl, add eggs, yogurt, brown sugar, oil and vanilla. Whisk to combine thoroughly, breaking up any clumps of brown sugar, as needed.
4. Add the dry ingredients to the wet ingredients. Using a rubber spatula, stir until well mixed.
5. Fold in the mango and 2 tablespoons of the shredded coconut.
6. Use a scoop (1½-ounce size) to transfer the batter evenly into the prepared muffin pan. Top with the remaining 2 tablespoons shredded coconut (about ½ teaspoon on each muffin).
7. Bake until a toothpick inserted in the center muffin comes out clean, about 20 minutes.

NUTRITION

Nutritional information per serving (1 muffin): 180 calories, 7g fat, 30mg cholesterol, 26g carbohydrate, 2g fiber, 5g protein, 12g sugar, 180mg sodium

Mango Lassi Parfait

Servings: 6

Prep Time: 20 minutes

Total Time: 40 minutes



INGREDIENTS

For the Macerated Mango:

- 2 mangos, diced
- 2 tablespoons powdered sugar
- 1 teaspoon vanilla extract
- ½ teaspoon ground cardamom

For the Yogurt Whipped Cream:

- 1 cup heavy cream
- 2 tablespoons powdered sugar
- 1 teaspoon vanilla extract
- 1 cup plain, nonfat Greek yogurt

For the Parfait Assembly:

- 2 tablespoons chopped pistachios

PREPARATION

1. Make the macerated mango: In medium bowl, combine mango, powdered sugar, vanilla and cardamom, stir to combine. Allow to rest in refrigerator for 20 minutes.
2. Make the yogurt whipped cream: In large bowl, whip heavy cream with an electric mixer or by hand using a whisk. Once soft peaks have formed, whisk in sugar and vanilla.
3. In separate medium bowl, whisk yogurt to add air and make it lighter and fluffier. Gently fold lightened yogurt into whipped cream, just until combined. Set aside.
4. Assemble the parfaits: Using 6-8 ounce jars or glasses, place 2 tablespoons mango mixture then top with 2 tablespoons whipped cream in each jar. Repeat process to result in two layers of each element. Top each parfait with 1 teaspoon chopped pistachios. Store parfaits in refrigerator to chill before serving.

NUTRITION

Nutritional information per serving (8 ounces): 180 calories, 9g fat, 25mg cholesterol, 23g carbohydrate, 2g fiber, 4g protein, 21g sugar, 15mg sodium

Spicy Thai Mango Salad

Servings: 8

Prep Time: 20 minutes

Total Time: 30 minutes



INGREDIENTS

For the Dressing:

- 1 tablespoon fish sauce
- 2 teaspoons lightly packed brown sugar
- 1 clove garlic, roughly chopped
- ¼ cup unsalted, dry-roasted peanuts
- ½ teaspoon crushed red pepper flakes
- 1 lime, juiced

For the Salad:

- 1 English cucumber, julienne
- 1 medium carrot, julienne or grated
- 1 shallot, julienne
- 1 mango, thinly sliced
- 1 cup cherry tomatoes, quartered
- ¼ cup basil, chiffonade
- 1 lime, cut into wedges

PREPARATION

1. Make Dressing: In small blender cup, add fish sauce, brown sugar, garlic, peanuts, red pepper flakes and lime juice. Blend on high speed until well blended and peanuts and garlic are broken into very small pieces. Set aside.
2. Prepare Salad: In a large mixing bowl, combine cucumber, carrot, shallot, mango, tomatoes and basil. Add dressing and stir until well combined. For best flavor, let rest in refrigerator, covered, for at least 10 minutes before serving.
3. Serve with the additional lime wedges for squeezing.

NUTRITION

Nutritional information per serving (¾ cup): 80 calories, 2.5g fat, 0mg cholesterol, 13g carbohydrate, 2g fiber, 3g protein, 8g sugar, 190mg sodium

Mango Avocado & Jicama Salad

Servings: 8

Prep Time: 20 minutes

Total Time: 20 minutes



INGREDIENTS

For the dressing:

- 1 mango, ripe, roughly chopped
- 2 limes, juiced
- 1 lemon, juiced
- 2 tablespoons extra virgin olive oil
- ¼ teaspoon Kosher salt

For the salad:

- 1 bunch Lacinato/Dinosaur/Tuscan Kale, cut into ½ to 1" pieces (about 8 cups)
- 8 ounces jicama, peeled and cut into short matchsticks (about 1 ½ cups)
- 1 ripe mango, diced small
- 1 avocado, diced small
- ¼ cup pumpkin seeds, toasted
- ¼ cup cilantro, roughly chopped
- ¼ cup Cotija cheese, crumbled

PREPARATION

1. Make the dressing: In a blender pitcher, combine mango, lime juice, lemon juice, oil and salt. Blend on high until smooth and creamy. Set aside.
2. Make the salad: In a large bowl, add the kale. Massage kale by rubbing pieces between your fingers for about 2-3 minutes, until the kale becomes dark green and shiny.
3. Add jicama, mango, avocado, pumpkin seeds, cilantro, and cheese. Top with ½ cup of the dressing. Toss the salad until all ingredients are well combined and kale is well dressed. Leave the remaining dressing on the side. Store the salad in the refrigerator until ready to serve.

NUTRITION

Nutritional information per serving (¾ cup): 80 calories, 2.5g fat, 0mg cholesterol, 13g carbohydrate, 2g fiber, 3g protein, 8g sugar, 190mg sodium

Mango Lime Agua Fresca

Servings: 8

Prep Time: 5 minutes

Total Time: 10 minutes



INGREDIENTS

- 2 medium ripe mangos, peeled and roughly chopped
- 1 lime, juiced
- ¼ cup honey
- 5 cups water
- Ice as needed
- Optional: fresh herbs like mint or basil

PREPARATION

1. In large blender pitcher, combine mango, lime juice and honey. Top with water.
2. Blend on medium-high until mango breaks up, about 30 seconds. Scrape down sides of blender (if using herbs, they can be added at this step). Increase speed to high and blend until smooth and frothy, about 45 - 60 seconds.
3. Leave in pitcher until ready to drink. Serve over ice.

NUTRITION

Nutrition information per serving (1 cup): 80 calories, 0g fat, 0mg cholesterol, 22g carbohydrate, 1g fiber, >1g protein, 20g sugar, 5mg sodium

Rainbow Spring Rolls With Tofu

Servings: 8

Prep Time: 30 minutes

Cook Time: 25 minutes

Total Time: 55 minutes



INGREDIENTS

Tofu:

- 1 package firm or extra firm tofu
- ¼ teaspoon Kosher salt
- Black pepper, to taste
- 1 teaspoon olive or canola oil

Nuoc Cham:

- ¼ cup fish sauce
- ¼ cup sugar
- ⅓ cup water
- 1 lime, juiced
- 2 teaspoons unseasoned rice vinegar
- 1 clove garlic, minced
- 1 Thai chili pepper or jalapeno, minced
- 1 teaspoon chili garlic sauce (optional)

Peanut Sauce:

- ¼ cup no-sugar-added peanut butter
- ¼ cup water

- 1 tablespoon + 1 teaspoon Hoisin sauce
- ½ lime, juiced
- 1 teaspoon sugar or brown sugar
- 1 tablespoon chili garlic sauce

Filling:

- 1 English cucumber, julienne
- 1 medium red bell pepper, julienne
- ¼ red cabbage, shredded or julienne
- 1 medium carrot, grated or julienne
- 2 cups mixed greens or baby spinach
- 1 avocado, thinly sliced
- 1 mango, thinly sliced
- 20 basil leaves, whole or chiffonade
- ¼ bunch cilantro, leaves only

Roll Assembly:

- 4 ounces rice vermicelli noodles (2 small bundles)
- 16 rice paper sheets

PREPARATION

1. Prepare the Tofu: Drain tofu from package and cut into plank-sized rectangles about 1-inch thick. On a paper towel-lined plate or small baking sheet, add the tofu in a single layer. Cover with another layer of paper towels and place another baking sheet on top. For best results, use a large can or heavy skillet/pot to add weight on top. Set aside for about 5-10 minutes to press the excess moisture out of the tofu.
2. Season the pressed tofu with the salt and pepper. Heat a medium non-stick skillet over medium-high heat. Once hot, add the oil and then the tofu in an even layer. Cook until browned on the first side before flipping to brown on the second side, about 10 minutes total.

3. Remove the tofu from the pan and place on a paper towel-lined plate to remove oil. Once cooked cut the planks into long strips (3-4 per plank). Set aside.
4. Prepare Nuoc Cham: Add fish sauce, sugar, water, lime juice, rice vinegar, garlic, chili pepper and chili garlic sauce to a bowl and mix until the sugar dissolved completely. Makes about 1 cup sauce.
5. Prepare Peanut Sauce: Add peanut butter, water, hoisin sauce, lime juice, sugar and chili garlic sauce to a bowl and mix until smooth and creamy. Makes about $\frac{3}{4}$ cup sauce.
6. Prepare the Noodles: In a medium bowl, place the noodles. Bring a pot or kettle of water to a boil. Pour the boiling water over the noodles and allow them to soak until tender, about 1-2 minutes. Use tongs to separate noodles and drain. Rinse with cold water and set aside for assembly.
7. Prepare the Rice Paper: Add the warmest water tolerable to a shallow dish or container large enough to soak one piece of paper at a time. Allow each sheet to soak for about 3-5 seconds, until just pliable, and carefully place it flat on a plate or plastic cutting board (don't use a wood board – it will stick!).
8. Assemble the Spring Rolls: Place the textured side of the paper facing up and add the fillings in any combination as desired to the soaked paper, positioning the toppings about a 1-inch border (either closest to you or furthest away from you; off centered. Be careful not to overfill and stack the fillings neatly before rolling. To roll, start with the 1-inch bordered side and fold it over the fillings, rolling to cover them. Tuck the two sides into the middle and continue to roll, keeping tension on the paper and pulling tightly against the filling until you've created a completely sealed roll.
9. Allow the rolls to sit for about a minute until the wrapper is no longer sticky, but still soft and pliable. If desired, cut the rolls in half (wetting the knife can help cut with less resistance) and serve with your favorite dipping sauces.

NUTRITION

Nutrition information per serving (1 cup): 80 calories, 0g fat, 0mg cholesterol, 22g carbohydrate, 1g fiber, >1g protein, 20g sugar, 5mg sodium

Citrus Shrimp & Mango Ceviche

Servings: 10

Prep Time: 45 minutes

Total Time: 60 minutes



INGREDIENTS

For the Homemade Tortilla Chips:

- 12 corn tortillas
- 2 teaspoons olive oil
- ¼ teaspoon Kosher salt
- Optional: 1 – 1 ½ teaspoons dry spices/herbs (example: garlic powder, chili powder, taco seasoning, Creole seasoning, nutritional yeast, cinnamon or nutmeg)

For the Ceviche:

- 1 pound shrimp, peeled and deveined
- 2 oranges, juiced
- 2 lemons, juiced
- 2 limes, juiced
- 1 ripe mango, small dice
- 1 medium tomato, small dice
- 1 medium jalapeno pepper, small dice
- ¼ cup minced cilantro
- 2 tablespoons minced mint
- ½ teaspoon Kosher salt

PREPARATION

1. Make Tortilla Chips: Preheat oven to 350°F. Cut tortillas into 8 wedges and add to large bowl. Drizzle with oil and gently toss until evenly coated. Add salt and any optional seasonings and toss to evenly coat.
2. Spread tortillas evenly on baking sheet, avoiding overlapping chips. If needed, divide into two baking sheets to make sure to not crowd chips. Bake 10 to 14 minutes or until chips start to turn light brown on the edges. Allow to cool before serving. Chips will continue to crisp as they cool.
3. Make the Ceviche: Meanwhile in medium sauce pot, bring water to boil. Set up ice water bath in separate bowl.
4. Once water is boiling, add shrimp to pot. Boil until they start to turn white and curl, about 30 seconds. Do not overcook shrimp or they will be tough and rubbery in final dish. Using tongs or strainer, remove shrimp and place directly into ice bath to shock shrimp and stop cooking process. Let cool in ice bath before dicing.
5. In large bowl, combine juice of oranges, lemons and limes. Add diced shrimp and mix well, making sure shrimp is submerged in juice, adding more citrus juice as needed. Place in refrigerator until time to assemble ceviche, minimum of 30 minutes.
6. While shrimp marinates, combine mango, tomato, jalapeno, cilantro and mint in large bowl. Add salt, mix well, set aside until time to assemble ceviche.
7. To assemble ceviche, add shrimp and about half of citrus juice to bowl of fruit/vegetable mix and mix well. If ceviche appears dry, add additional citrus juice. Serve immediately with tortilla chips for dipping!

NUTRITION

Nutritional information per serving (½ cup ceviche with 8 chips): 140 calories, 2g fat, 55mg cholesterol, 19g carbohydrate, 2g fiber, 9g protein, 8g sugar, 195mg sodium

Spiced Salmon with Mango Chutney



Servings: 4

Prep Time: 25 minutes

Cook Time: 20 minutes

Total Time: 45 minutes

INGREDIENTS

For the Chutney:

- 1 teaspoon olive oil
- 2 whole cloves
- ½ teaspoon ground coriander
- ½ teaspoon ground ginger
- ¼ teaspoon ground cumin
- ⅛ teaspoon ground cardamom
- ⅛ teaspoon ground turmeric
- ⅛ teaspoon red pepper flakes
- ⅛ teaspoon ground black pepper
- ¼ medium red onion, diced small
- ½ medium red pepper, diced small
- 1 clove garlic, minced

- 2 ripe mangos, peeled and diced small
- ¼ cup white wine vinegar
- 1 tablespoon honey
- 1 tablespoon brown sugar
- ¼ teaspoon Kosher salt

For the Salmon:

- 8 (4-ounce) salmon fillets, skin removed or on
- 1 tablespoon olive oil
- 2 tablespoons garam masala
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon Kosher salt

PREPARATION

1. Preheat the oven to 350°F and line a baking sheet with parchment paper or foil. Set aside.
2. Make the chutney: In a medium sauce pot, heat oil over medium heat. Once hot, add cloves, coriander, ginger, cumin, cardamom, turmeric, red pepper flakes and black pepper. Using rubber spatula, stir until fragrant, about 60-90 seconds.
3. Add onions to pot, and cook until softened, about 1-2 minutes. Add peppers and cook until softened, about 1-2 minutes. Add garlic and cook until lightly golden, about 30-60 seconds. Add mango, vinegar, honey, brown sugar and salt to pot, stirring to combine. Bring to a simmer, then reduce heat to medium-low. Simmer, uncovered, until thickened and mango is tender, about 20 minutes.
4. Remove pot from heat. Remove whole cloves. Using potato masher, mash until mostly smooth with some small chunks. Cover and set aside.
5. Make the salmon: Place salmon on prepared baking sheet, skin-side down and drizzle with olive oil.
6. In a small bowl, combine garam masala, coriander, cumin and salt. Using a spoon, mix spices until combined, then divide evenly over tops of each salmon fillet. Use fingers to rub oil and spice mixture over salmon evenly on all sides.
7. Place salmon in preheated oven and bake until the fish is opaque, flakes easily with a fork and reaches an internal temperature of 145°F in the thickest part of fillet, about 15-20 minutes.
8. Serve salmon with the chutney on the side.

NUTRITION

Nutritional information per serving (4-ounce filet with 2 tablespoons chutney): 300 calories, 18g fat, 60mg cholesterol, 10g carbohydrate, 2g fiber, 24g protein, 8g sugar, 220mg sodium

Mango Jerk BBQ Chicken Sandwiches

Servings: 8

Prep Time: 15 minutes

Cook Time: 30 minutes

Total Time: 45 minutes



INGREDIENTS

Salt-Free Jerk Seasoning:

- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 2 teaspoons dried thyme
- 2 teaspoons light brown sugar
- 1 teaspoon cayenne pepper
- 1 teaspoon black pepper
- 1 teaspoon paprika (smoked or sweet)
- 1 teaspoon ground allspice
- 1 teaspoon dried parsley
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon ground cloves
- ¼ teaspoon cumin

Mango Jerk BBQ Sauce:

- 1 teaspoon olive oil
- ½ medium onion, diced small
- 2 cloves garlic, minced
- 1 mango, diced
- 1-2 tablespoons Salt-Free Jerk Seasoning

- 8 ounces low-sodium tomato sauce
- 1 tablespoon lightly packed light brown sugar
- 1 teaspoon molasses
- 2 tablespoons apple cider vinegar
- ½ teaspoon Worcestershire sauce
- ½ teaspoon Kosher salt
- ¼ teaspoon black pepper

BBQ Chicken:

- 2 pounds boneless, skinless chicken thighs, trimmed
- 2 tablespoons Salt-Free Jerk Seasoning
- ¼ teaspoon Kosher salt
- 1 teaspoon olive oil
- 1 cup Mango Jerk BBQ Sauce

Sandwich Assembly:

- 8 whole wheat hamburger buns
- 2 cups Mango Red Cabbage Slaw (separate recipe)

PREPARATION

1. Make the Salt-Free Jerk Seasoning: In small bowl, combine onion powder, garlic powder, thyme, brown sugar, cayenne pepper, black pepper, paprika, allspice, parsley, red pepper flakes, cinnamon, nutmeg, cloves and cumin. Stir to combine and set aside.
2. Make the BBQ Sauce: Heat a medium saucepot over medium heat, add oil and onion. Sauté until lightly browned and translucent, about 2-4 minutes.
3. Add garlic and cook until fragrant, about 30-60 seconds. Add mango and jerk seasoning, stir until mango onion mixture is well coated with spices. Allow spices to toast, about 30 seconds.

4. Add tomato sauce, brown sugar, molasses, apple cider vinegar, Worcestershire, salt and pepper. Bring to a simmer, cover and simmer until mango has softened and sauce has thickened, about 10 minutes.
5. Remove from heat and allow to cool slightly. Using an immersion blender, blend sauce to smooth consistency. Set aside.
6. Make the BBQ Chicken: Over a tray or plate, coat chicken in jerk seasoning and salt on both sides.
7. Heat a large sauté pan over medium heat and add oil. Add chicken in even layer (if necessary, do more than one batch). Cook until browned on first side, about 3-4 minutes. Flip, cook until it reaches 165°F on a thermometer when inserted in the thickest part of each piece, about 3-4 more minutes.
8. Remove cooked chicken to a cutting board, allow to cool slightly. Remove sauté pan from heat but do not clean. Set pan aside to be used again.
9. When chicken is cool enough to handle, slice into bite-sized, shredded pieces. Place sauté pan over low heat and add cut chicken along with 1 cup of reserved BBQ sauce. Using a spatula or tongs, stir chicken until it is well coated in sauce. Remove from heat.
10. Assemble Sandwiches: Toast buns under a broiler or in toaster oven. Top each bottom bun with ½ cup BBQ chicken mixture and ¼ cup slaw, top with remaining bun half. Serve extra BBQ sauce on side as desired.

NUTRITION

Nutritional information per serving (1 bun with ½ cup chicken and ¼ cup slaw): 340 calories, 8g fat, 105mg cholesterol, 42g carbohydrate, 6g fiber, 30g protein, 14g sugar, 430mg sodium

Mango Red Cabbage Slaw

Servings: 12

Prep Time: 5 minutes

Total Time: 15 minutes



INGREDIENTS

For the Dressing:

- 1 lime, juiced
- 1 tablespoon rice vinegar
- 2 teaspoons honey
- ¼ teaspoon Kosher salt
- ¼ teaspoon black pepper
- ¼ teaspoon smoked paprika
- ⅛ teaspoon cumin

For the Slaw:

- 1 mango, small dice
- ¼ head red cabbage, finely shredded (about 2 cups)
- ½ medium red bell pepper, small dice
- 2 green onions, thinly sliced
- 2 tablespoons chopped cilantro leaves

PREPARATION

1. In medium bowl, whisk lime juice, rice vinegar, honey, salt, pepper, paprika and cumin until well combined.
2. Add mango, cabbage, bell peppers, green onions and cilantro to dressing, stir to combine thoroughly.
3. For best flavor, cover and refrigerate 10 minutes before serving.

NUTRITION

Nutritional information per serving (¼ cup): 30 calories, 0g fat, 0mg cholesterol, 7g carbohydrate, <1g fiber, < 1g protein, 6g sugar, 45mg sodium

Mango Red Lentil Curry

Servings: 7

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes



INGREDIENTS

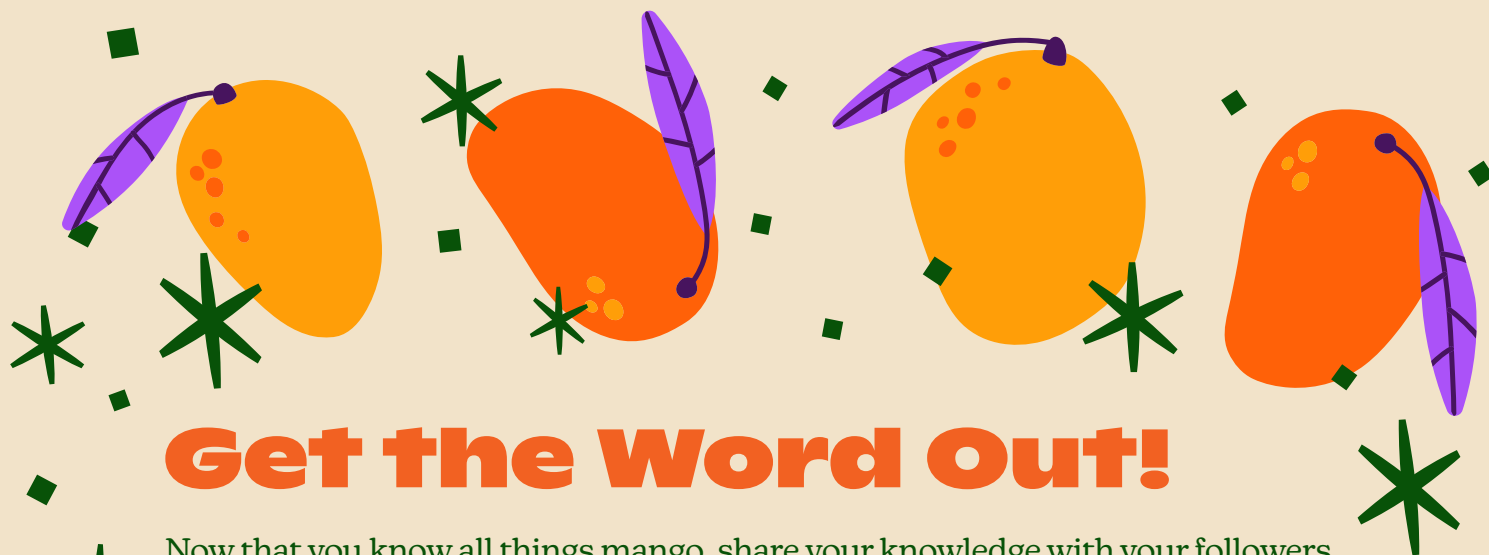
- 1 tablespoon olive oil
- 1 medium onion, diced
- 1 medium red bell pepper, diced
- 2 cloves garlic, minced
- 2 tablespoons grated or minced ginger
- 1 tablespoon curry powder
- 1 teaspoon cinnamon
- ½ teaspoon Kosher salt
- 1 cup low-sodium crushed tomatoes
- 1 (13.5 ounce) can light coconut milk
- 2 cups water
- 1 cup red lentils
- 8 ounces sweet potato, small dice (about 1 medium potato)
- 1 mango, diced
- ½ cup chopped cilantro, divided
- 1 lime, cut into wedges

PREPARATION

1. Heat medium saucepot over medium-high heat. Add oil, onion and bell pepper. Cook until lightly browned and translucent, about 2-4 minutes.
2. Add garlic and ginger, stirring constantly, until fragrant, about 30-60 seconds.
3. Add curry powder, cinnamon and salt. Stir to coat vegetables, allowing spices to lightly toast, about 30-60 seconds.
4. Add crushed tomatoes. Using wooden spoon, scrape up any brown bits stuck to bottom of pot.
5. Add coconut milk, water, lentils and sweet potato, stirring to combine. Bring to a boil then cover and reduce to a simmer. Simmer about 10-12 minutes, until lentils and potatoes are soft.
6. Add mango and cook on low, uncovered, allowing mango to soften, about 2-4 minutes.
7. Remove from heat and stir in ¼ cup cilantro. Serve over your favorite whole grain topped with additional cilantro and a lime wedge for squeezing.

NUTRITION

Nutritional information per serving (1 cup): 260 calories, 9g fat, 0 mg cholesterol, 40g carbohydrate, 7g fiber, 9g protein, 13g sugar, 190mg sodium



Get the Word Out!

Now that you know all things mango, share your knowledge with your followers. Here are some tagline and caption inspirations for your social media posts. Don't forget to use the mango emoji! #MangoParty #AlwaysMangoSzn

- Grill. Dice. Blend. Spice. The versatile mango packs a nutritional punch!
- A fiesta of flavor in every slice!
- Nutritious and delicious, the mango delivers on all levels.
- Mangos are one of the most popular fruits in the world.
- Mango seeds traveled with humans from Asia to the Middle East, East Africa and South America beginning around 300 or 400 A.D.
- The paisley pattern, developed in India, is based on the shape of a mango.
- A basket of mangos is considered a gesture of friendship in India.
- Legend says that Buddha meditated under the cool shade of a mango tree.
- Mangos are related to cashews and pistachios.
- The bark, leaves, skin and pit of the mango have been used in folk remedies for centuries.

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MANGO NUTRITION

- A ¾-cup serving of mango is just 70 calories!
- A serving of mango provides 50% of your daily value of vitamin C, which is important for immune function.
- A super-charged super fruit! Each serving of mango provides 8% of your daily value of vitamin A, 7% of your daily value of fiber, 15% of your daily value of folate and 15% of your daily value of copper.
- Mango's versatility, availability and nutritional punch means it can fit into any healthy dietary pattern.

MANGO SELECTION AND RIPENING

- Don't judge a mango by its color – red does not mean ripe. Squeeze gently to judge ripeness.
- A ripe mango will "give" slightly, and a firm mango will ripen at room temperature over a few days.
- To speed up ripening, place mangos in a paper bag at room temperature.

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ABOUT THE NATIONAL MANGO BOARD

Uniting. Preserving. Informing.

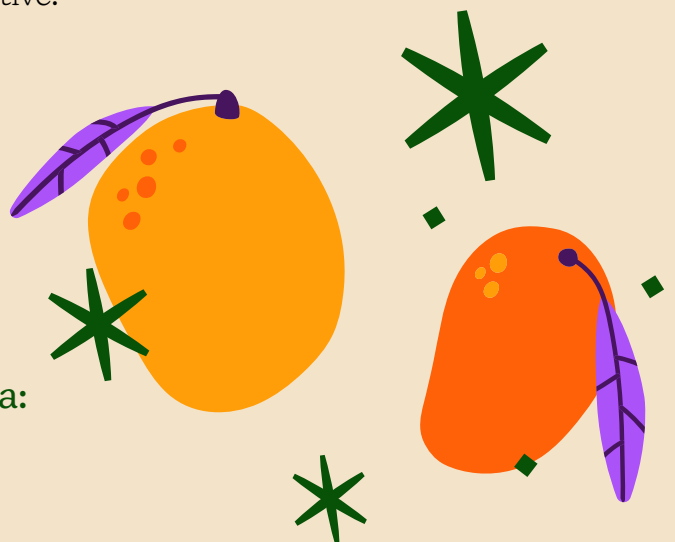
We're a diverse group made up of growers, grocers and shippers, distributors, marketers, researchers—and so much more—on a mission to inspire and educate U.S. consumers about the culture, flavor, and nutrition of the world's most versatile superfruit—the Mango!

At the National Mango Board (NMB), we like to think of ourselves as hosts of the #mangoparty. Our day-to-day work includes strategic planning, marketing and communications, research, and industry relations to achieve our vision of bringing the marvelous, wonderful, and magical mango to every household in America.

The NMB believes mangos are a healthy snack and versatile kitchen staple—and we're proud to spread that message to the world. As one of the oldest fruits in the world, the 5,000-year-old mango is a flavorful, refreshing fruit that evokes feelings of celebration with every slice, dice, and scoop.

Our research programs help the entire mango supply chain deliver a quality product to the U.S. consumer—educating growers, shippers, packers, importers, retailers, and others with essential resources, information, and advice. The NMB's research program also investigates the phytonutrient properties of mangos and conducts studies about mango's potential health benefits.

Finally, the industry communications program reaches out to the mango industry to share our news, results, and resources while listening to the needs of the community in order to create one that is more unified and productive.



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