



# Mango Made Easy

## 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

### Nutrition Facts

Serving Size 1 cup, sliced (165g)  
Servings Per Container

| Amount Per Serving                      |                            | % Daily Value* |
|---|----------------------------|----------------|
| <b>Calories</b> 100                     | <b>Calories from Fat</b> 5 |                |
| <b>Total Fat</b> 0.5g <b>1%</b>         |                            |                |
| <b>Saturated Fat</b> 0g <b>0%</b>       |                            |                |
| <b>Trans Fat</b> 0g                     |                            |                |
| <b>Cholesterol</b> 0mg <b>0%</b>        |                            |                |
| <b>Sodium</b> 0mg <b>0%</b>             |                            |                |
| <b>Total Carbohydrate</b> 25g <b>8%</b> |                            |                |
| <b>Dietary Fiber</b> 3g <b>12%</b>      |                            |                |
| <b>Sugars</b> 22g                       |                            |                |
| <b>Protein</b> 1g                       |                            |                |

**Vitamin A** 35% • **Vitamin C** 100%  
**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 VARIETIES

### ATAULFO

**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, 4961 for size 16 and larger



### FRANCIS

**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 Francis ripens. Squeeze gently to judge ripeness.

**PLU CODES:** Varies by retailer and shipper



### 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



### KEITT

**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, 4584 for size 8 to 10, 3114 for size 7 and larger



### KENT

**FLAVOR:** Sweet and rich

**TEXTURE:** Juicy, tender flesh with limited fibers

**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



### 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

| Variety      | Jan | Feb | Mar | Apr | May | June | July | Aug | Sept | Oct | Nov | Dec |
|--------------|-----|-----|-----|-----|-----|------|------|-----|------|-----|-----|-----|
| Aaulfo       |     |     |     |     |     |      |      |     |      |     |     |     |
| Francis      |     |     |     |     |     |      |      |     |      |     |     |     |
| Haden        |     |     |     |     |     |      |      |     |      |     |     |     |
| Keitt        |     |     |     |     |     |      |      |     |      |     |     |     |
| Kent         |     |     |     |     |     |      |      |     |      |     |     |     |
| Tommy Atkins |     |     |     |     |     |      |      |     |      |     |     |     |

Legend: ■ Peak Availability ■ Some Availability

## 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



1 Slice each side just past the seed



2 Slice flesh without breaking the skin



3 Scoop out slices with a spoon and enjoy

