

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



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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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Mango EASY AS ONE, TWO, THREE.



Slice each side
just past the seed



Slice flesh without
breaking the skin



Scoop out slices with
a spoon and enjoy

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

Nutrition Facts

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

| Amount Per Serving | % Daily Value | |
|------------------------|---------------------|-----|
| Calories 110 | Calories from Fat 5 | |
| 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 | 30g | 25g |
| Cholesterol | Less Than | 300mg | 300mg |
| Sodium | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 80g |
| 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



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



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