



Selection:

Choose mangos that are firm, but give slightly to pressure and have a sweet aroma. Avoid mangos that are soft, shriveled, or have blemishes on the skin.

Storage:

Store unwashed mangos at room temperature for 1 to 2 days or until ripe. Store unwashed, ripe, whole, and unpeeled mangos in the refrigerator for 4 to 5 days. Store peeled and sliced mangos in the refrigerator for 3 to 4 days. (Ripe mangos should be stored in the refrigerator.)

Room Temperature: 1 to 2 days, or until ripe

Refrigerator (whole): 4 to 5 days

Refrigerator (cut): 3 to 4 days

Use:

Rinse mangos thoroughly before preparing. Use a knife to carefully cut off the skin. Place the fruit on the flat end and cut away the peel from top to bottom. Cut fruit into slices by carving lengthwise along the pit. Throw away the pit of the fruit. Mangos are good for both cooking and eating raw.



Digital Scale:

The number on the screen = Total Weight



Hanging Scale:

The number the arrow is pointing to = Total Weight

Buying:

Mangos can be sold individually or by the pound. If sold per pound, weigh produce to find out exactly how much it will cost. Place the number of mangos you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Mangos

Use this table to find the total cost.

Example: What is the total cost for 2 lbs of mangos at \$1.79 per lb? **2 lbs x \$1.79 = \$3.58**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

Know how. Know now.

Nutrition:

½ medium Mango

Nutrition Facts	
Serving Size ½ mango (104g)	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 0g	
Vitamin A 40%	Vitamin C 15%
Calcium 0%	Iron 0%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for ½ medium mango. All mangos are not the same size, but you can use this to estimate the nutrition content for a smaller or larger mango.

Recipe:

Fresh Mango Shake

Preparation Time: 10 minutes

Serves 1

Cups of Fruit per Serving: 1

Ingredients:

1 medium mango peeled, pitted,
and quartered
¾ cup non-fat plain yogurt
⅓ cup orange juice
2 ice cubes

Preparation:

- 1.) Place all the ingredients in a blender.
- 2.) Cover tightly and blend until smooth. If mixture is too thick, add ½ cup cold water and blend again.
- 3.) Pour into a glass and serve.

Nutrition Information per Serving:

Calories 250, Total Fat 1 g, Saturated Fat 0 g,
Cholesterol 5 mg, Sodium 105 mg, Carbohydrates 58 g,
Dietary Fiber 4 g, Protein 9 g.

