

# MANGOS 101:

## SELECT, SLICE, AND ENJOY

Bursting with juicy sweetness and more than 20 different vitamins and minerals, mangos are a great addition to your family's fruit bowl. Here's how to choose the perfect mango at the store and slice it easily to serve at home.

### HOW TO CHOOSE A MANGO:

- \* You can determine the ripeness of a mango by squeezing it gently. A ripe mango will give slightly, like a peach or avocado.
- \* Don't judge a mango by its color! The red color that appears on some varieties is not an indicator of ripeness.

### HOW TO STORE A MANGO:

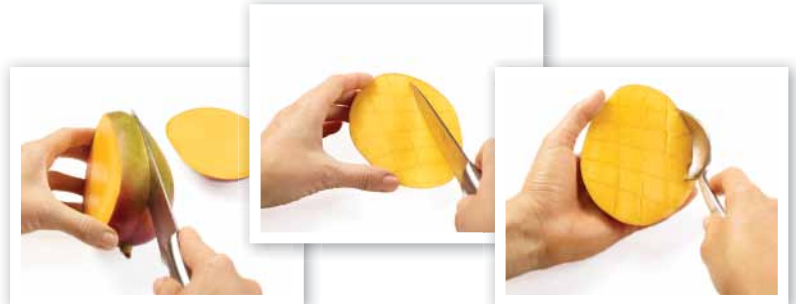
- \* To speed up ripening, place mangos in a paper bag at room temperature. Make sure not to put them in the refrigerator before they're ripe.

#### 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.

### HOW TO CUT A MANGO:

- 1 Wash the mango and use a clean cutting board and knife. Please be sure that knives are only handled by an adult.
- 2 The secret to cutting a mango is avoiding the large seed in the middle and allowing your knife to pass alongside it. Hold the mango on your cutting board with the stem end down. Place your knife about ¼" from the widest center line and cut down through the mango. Rotate the mango and repeat this cut on the other side.
- 3 **For Diced Mango:** Cut a checkerboard pattern into the mango flesh, being careful not to cut through the skin.  
**For Mango Slices:** Make a series of parallel cuts into the mango flesh without breaking through the skin.
- 4 Scoop the mango cubes or slices out of the mango skin using a large spoon.



Watch a video showing how to cut a mango at: [mango.org/how-to-cut-a-mango](http://mango.org/how-to-cut-a-mango)