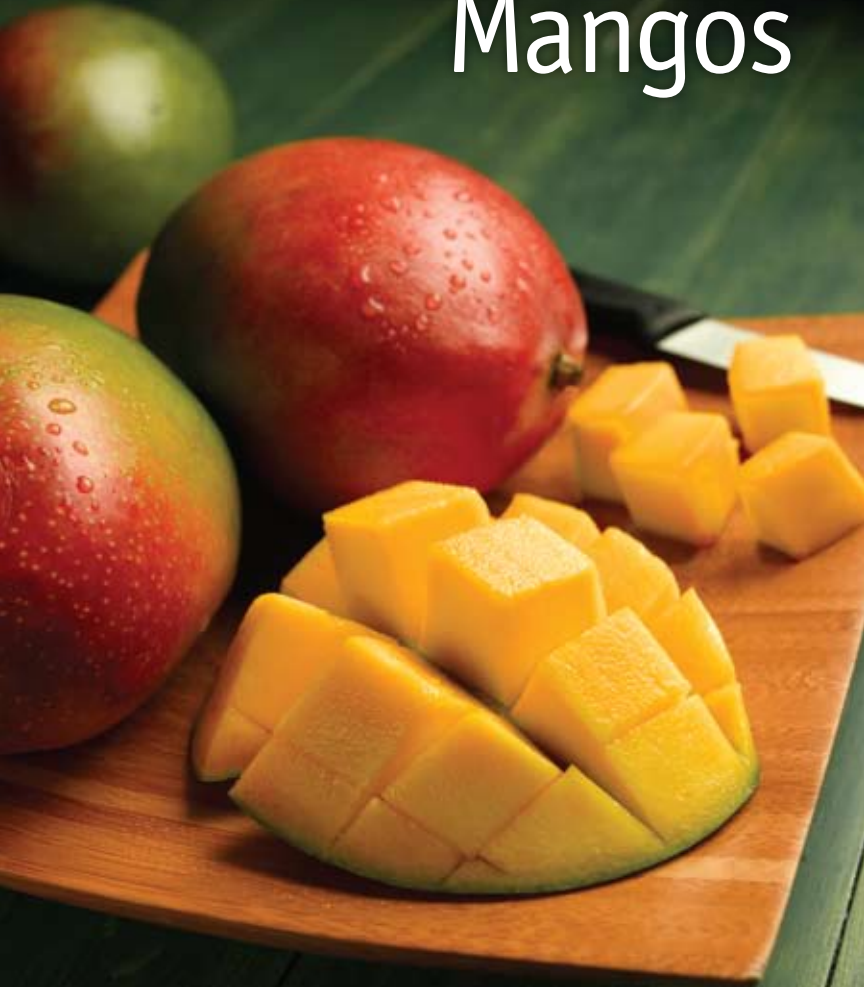


Mangos





Mangos

SHOPPER'S TIPS

- Look for firm, plump mangos that have a sweet smell and give slightly to gentle pressure.
- Avoid mangos with bruised or broken skin.

FUN FACTS!

- Mangos come in various sizes and colors including red, orange, yellow, and green.
- Mangos came from Southeast Asia and India over 4,000 years ago.

WHAT IS IN IT FOR YOU?

One mango is:

- An excellent source of vitamin C and vitamin A.
- A source of fiber, vitamin B6, vitamin E, and vitamin K.

SERVING IDEAS

- Blend mango chunks with lowfat yogurt and orange juice for a smoothie.
- Sprinkle mango chunks with chili powder and lime juice for a refreshing snack.

PEAK SEASON

California grown varieties, available in early summer and mid-fall, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store mangos at room temperature and away from the sun until ripened. Store ripe mangos in the refrigerator for up to two weeks.