



MANGOES

Developed by Healthy Start for Mom & Me and supported by the Manitoba Government, 2020.



WHAT IS A MANGO?

Question

What is a mango?

Answer

It is a fleshy yellowish-red to green tropical fruit





**WHY ARE MANGOES
GOOD FOR YOU?**

Question

Why are mangoes good for you?

Answer

Mangoes contain:

- **Vitamin C** – keeps immune system strong
- **Vitamin A** – is good for eyesight
- **Fiber** – helps lower cholesterol



**HOW DO
YOU
PURCHASE
THE BEST
MANGO?**

Question

How do you purchase the best mango?

Answer

Squeeze the mango gently – a ripe mango will give slightly (should be soft but not mushy)

Do not use colour to gauge readiness – this is not the best indicator of ripeness



A good mango will have a **fruity aroma near the stem**



HOW SHOULD MANGOES BE STORED?

Question

How should mangoes be stored?

Answer

Store **unripe** mangoes at **room temperature**

Once ripe, mangoes can be kept in the **refrigerator** for up to **5 days** (this slows down the ripening process)

Cut mangoes can be stored in an airtight container in the **fridge** for **several days** or in the **freezer** for up to **6 months**



Preparing Mangoes

1 Wash mangoes before cutting



Preparing Mangoes

2

Cut mango into 3 pieces

A mango has a flat seed in the middle, start by cutting on either side of the seed.

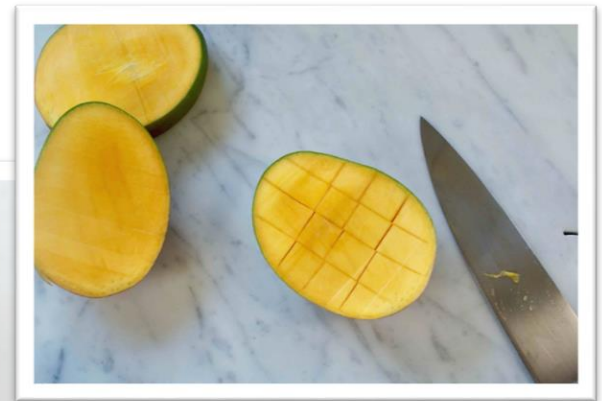
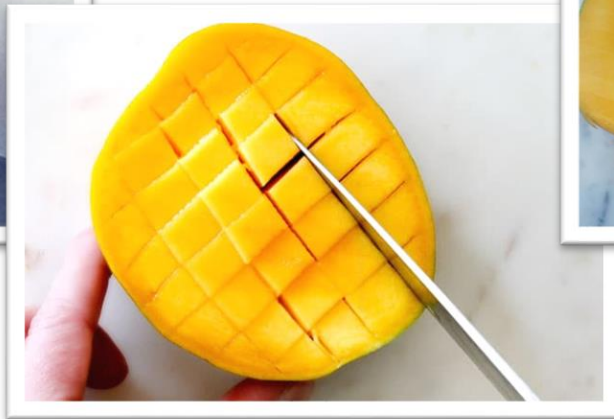
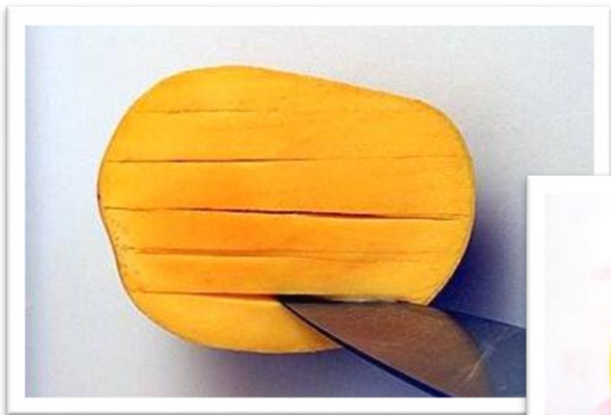
Then, discard the middle piece with the seed in it.



Preparing Mangoes

3 Make light slices in both directions in the two halves (in the shape of a grid)

Try not to cut through the peel



Preparing Mangoes

4

Turn the mango “inside out” so you can cut out the pieces

You can also scoop the cubes out with a spoon





**CAN
BABIES
EAT
MANGOES?**

Question

Can babies eat mangoes?

Answer

Mangoes can be a great addition to your baby's diet

After high iron foods have been introduced, include a variety of fruits in your baby's diet, such as mangoes (after 7 months)





**HOW SHOULD MANGOES BE
PREPARED FOR BABIES?**

Question

How should mangoes be prepared for babies?

Answer

For younger babies:

Cut the mango, then mash it (or use a blender or food processor) until smooth

If necessary, add water for the proper consistency



For older babies:

Small pieces of mango make a great finger food





**HOW DO YOU STORE LEFTOVER
BABY FOOD PUREE?**

Question

How do you store leftover baby food puree?

Answer

Store in the fridge for 2 days

Freeze in an ice cube tray covered with plastic wrap for 3 months (once frozen you can transfer to freezer bags)

Grab a cube as needed from the freezer (1 cube = 1 serving)

To defrost: put in the fridge the night before



TIP: instead of using ice cube trays, spoon out portions onto a baking sheet and freeze