

PINEAPPLE



Nutrition Facts

Serving Size 2 slices, 3" diameter, 3/4" thick

Calories	50	% Daily Value
Total Fat	0g	0%
Sodium	0mg	0%
Total Carbohydrate	13g	4%
Dietary Fiber	1g	4%

Protein 1g

Health Benefits

- Pineapple contains bromelain, an enzyme that may reduce inflammation in joints
- Good source of fiber for digestion
- High in vitamin C which helps heal cuts and wounds and keeps teeth and gums healthy
- High in manganese for muscle tone and bone health

DIFFERENT USES

- Mix pineapples and cottage cheese together for a sweet and salty snack.
- Enjoy sweet pineapple slices hot off the grill as a side dish, burger topping or dessert.
- Try pineapple in a stir fry for some added zest.
- Make pineapple popsicles by stacking pineapple on kabobs for a kid-friendly snack.
- Use pineapple to create your own fresh salsa or Hawaiian pizza.

FUN FACT

- Pineapple crowns were placed outside the entrance of Caribbean homes to symbolize hospitality and friendship.
- Pineapples are a composite of many flowers whose individual fruitlets fuse together around a central core.
- A pineapple plant will only produce one pineapple each growing season.
- Select pineapple with a nice fragrant smell.
- Named by explorers who thought it resembled a pinecone.