

Pineapple



Nutrients

Manganese - aids in growth and metabolism .

Vitamin C - Strengthens immune system and promotes skin health, iron absorption and wound healing

Copper - Essential mineral involved in energy production, supports a healthy immune system, nerve functions, good heart health and cholesterol metabolism.

Vitamin B6 (Pyridoxine) - Supports immune function, brain and nerve health.

Vitamin B1 (Thiamine) - Necessary for the growth, development and function of cells by helping the body generate energy from nutrients.

Best to eat fresh, raw pineapple because cooking it can destroy the enzymes.

How is Served

- Can be served raw and cold. Can also be served hot.
- The flavor gets sweeter when caramelized on the grill or heated in a pan.
- Can also be dried.
- Try pineapple on your pizza or as a burger topping.



This institution is an equal opportunity provider



Where it Grows

- Pineapples grow out of a plant on the ground. The crown grows first and the fruit immerses from the leaves.
- Grows best in tropical climates March-July

Health Benefits

- High in antioxidants called flavonoids and polyphenols
 - Reduce inflammation, boosts immune system, promotes good skin and eye health, protects cells from damage, may protect against the development of heart disease and cancer.
- Contains bromelain, an enzyme that aids in digestion.
- Can potentially help treat cancer .
- May help boost immunity against viral and bacterial infections.
- Decreases inflammation.

FUN FACTS:

- You can grow a pineapple plant by planting the crown of the pineapple in the ground.
- Pineapples take about 18-20 months to become ready to harvest. One pineapple plant can produce one pineapple at a time.
 - Pineapples ripen faster upside down.