



Pineapples



Fresh pineapples are the only known source of bromelain, an enzyme with anti-inflammatory properties.

How To Store

Store pineapple in refrigerator for 2 to 4 days. Cut pineapple lasts a couple of days if placed in a tightly covered container and stored in the refrigerator.

How To Select

Pineapples are picked when ripe and do not ripen after harvest. Select pineapples that are fresh looking. Contrary to popular belief, the ease with which leaves can be pulled out is not necessarily a sure sign of ripeness. Avoid fruit that is old looking, dry or with brown leaves. Avoid bruised fruit or those with soft spots.

Usage Tips

Twist off crown. Cut pineapple in half and then into quarters. Trim off ends and remove core from center of quarter. Using a thin paring knife remove shell from fruit. Cut into bite-size pieces.

For pineapple "boats" leave on the crown and both ends on the pineapple. Cut the pineapple in half lengthwise. Use a thin paring knife to cut the fruit out of the boats. The boats can be filled with fruit salad, main dish salad or ice cream.

Nutrition Facts

Serving Size 2 slices, 3 inch diameter, 3/4 inch.
thick (112g)

Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
Calories 60			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			0%
Cholesterol 0mg			0%
Sodium 0mg			0%
Potassium 0mg			0%
Total Carbohydrate 15g			0%
Dietary Fiber 2g			0%
Sugars 12g			
Protein less than 1g			
Vitamin A 2%		Vitamin C 110%	
Calcium 2%		Iron 2%	
Manganese 45%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

BENEFITS

- A Naturally Fat Free Food
- Low fat diets rich in fiber-containing fruits and vegetables and grain products may reduce the risk of some types of cancer, a disease associated with many factors
- Diets low in sodium may reduce the risk of high blood pressure, a disease associated with many factors
- Excellent Source of Vitamin C
- Excellent Source of Manganese