

Nutrition Education

OKCPS Fresh Fruits and Vegetable Program

Pineapple



Fun Facts:

- ◆ Pineapples are native to South America and were discovered by Christopher Columbus in 1493.
- ◆ One pineapple plant can only produce one pineapple at a time, and it can take up to two years to grow!
- ◆ Pineapples are a cluster of hundreds of fruitlets (little fruit) that join together to make one pineapple.
- ◆ You can plant the very top of the pineapple with the leaves attached to grow a new pineapple plant.

Nutrition:

- ◆ Pineapple is a great source of vitamin C.
- ◆ It also is a good source of the mineral *manganese*.
Manganese:
 - + Helps make new tissue and hormones
 - + Helps control blood sugar
 - + Is necessary for normal brain and nerve function

- ◆ Pineapple also has the enzyme *bromelain*.

Bromelain:

- + Helps your body break down the protein you eat.
- + Helps muscles relax
- + Helps with digestion
- + Is anti-inflammatory
- + Has chemicals that can help decrease the risk of cancer by slowing tumor growth

