

Pineapple

Did you know?

- Images of pineapples can be found carved in pre-Incan ruins in Central and South America, where this fruit is indigenous.
- The top of a pineapple, after cleaning and drying, can be planted in soil and a new plant will grow.
- Pineapples are fat free, very low in sodium, and high in vitamin C.
- Pineapples contain bromelain, a protein-digesting enzyme, which may help with joint pain and inflammation! The bromelain found in pineapple juice also acts a good meat marinade and tenderizer.
- An individual pineapple can take over two years to grow, although they are usually picked slightly earlier than this.



Sources

- <https://www.fruitsandveggiesmorematters.org/pineapple>
- <https://www.fruitsandveggiesmorematters.org/bromelain-in-pineapples-can-minimize-joint-pain-and-inflammation>
- <http://www.sciencekids.co.nz/sciencefacts/food/pineapples.html>
- <http://freshimports.org/pineapple/> (photo)