



FRUIT OF THE MONTH

PI NEAPPLE

Developed by Mary Kay Solera, MS, CHES

The word "Pineapple", is derived from the word pina, which was used to describe a pine cone by the Spanish. Later, it was introduced to the Hawaiian Islands which are now the leading producers of this fruit. Today, in the United States the pineapple can be marketed as fresh or canned and it is most widely used as tropical canned fruit in recipes. (Wellness Encyclopedia of Food and Nutrition, 1992)

Pineapple [GOLD]		
Serving size 2 slices (112g/4.0oz)		
Amounts Per Serving		% Daily Value*
Calories		65
Calories from Fat	0	
Total Fat	0g	0%
Sodium	10mg	0%
Potassium	115mg	3%
Total Carbohydrate	17g	6%
Dietary Fiber	1g	4%
Sugars	13g	
Protein	0g	
Vitamin A		0%
Vitamin C		150%
Calcium		2%
Iron		2%



Varieties:

There are several types of pineapples found in the marketplace. These include the smooth Cayenne, Red Spanish, Gold, and Sugar Loaf. They are sold fresh and canned and all have a sweet flavor.

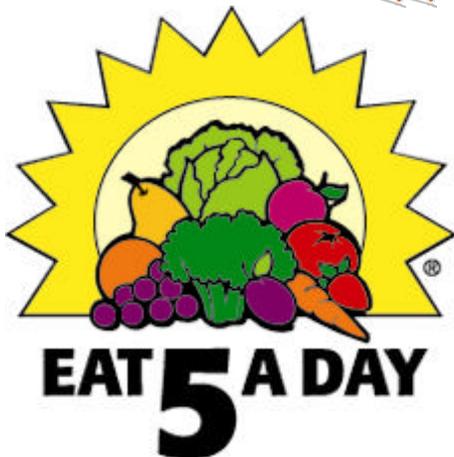
Selecting:

Select pineapples with a nice fragrant smell. If possible choose pineapples that have been jet shipped from Hawaii or Central America because they will be the freshest. Choose ones with crown leaves that are fresh and green. An old wives tale states that it is really ripe when you can pull one of the leaves out of the top easily. Avoid those pineapples with sour or fermented odors

Storing:

Store at room temperature for 1 or 2 days before serving to allow the pineapple to become softer and sweeter. Store in the refrigerator for 3 to 5 days or cut pineapple into chunks and store for up to 7 days.

Make Pineapple Part of Your 5 A Day Plan:



It is easy to include pineapples in your 5 A Day Plan. Drink a glass of pineapple juice in the morning before work or school, eat a slice of pineapple topped with cottage cheese or add to your favorite low fat pizza for a fun treat.

Recipes

Pineapple Slaw

- ◆ 2 1/2 cups shredded cabbage
- ◆ 1 cup shredded carrots
- ◆ 1 cup pineapple chunks
- ◆ 1/4 cup raisins
- ◆ 2 1/2 tablespoons orange juice or pineapple juice

Combine all ingredients in large bowl. Toss and serve or put in refrigerator covered until serving time. Serves 6

Easy Fruit Mix

- ◆ 1 fresh pineapple, peeled and cored or 2 cans pineapple, drained
- ◆ 1 cup ice
- ◆ 1/4 cup orange juice or cherry juice

In a blender or food processor, puree the pineapple. Add the orange or cherry juice and ice a little at a time. Pour into glasses and garnish with fresh mint leaves or cherries.

Cottage Cheese, Fruit and Sprout Salad

- 1/2 cup lowfat cottage cheese
- 1/2 cup cress or clover sprouts, chopped
- 4 Tbsp. fresh pineapple (or canned crushed pineapple, drained)
- 4 Tbsp. pear, diced, or substitute nectarine, mango or guava
- 2 lettuce leaves

Mix cottage cheese and sprouts. Stir in pineapple and pear. Served chilled on top of a lettuce leaf. Makes 2 servings. This is an official 5 A Day recipe. Recipe provided by the International Sprout Growers Association.

Nutritional Analysis Per Serving: Calories, 66; Fat, 1g; Fiber, 1g; Cholesterol, 2mg; Sodium, 231mg; percent calories from fat, 11%.