

PINEAPPLE

Ananas comosus

BENEFITS

IMPROVES

Digestion

PREVENTS

Common cold

PACKED

With vitamins and minerals

STRENGTHENS

Gums and bones

REDUCES

Excessive inflammation and blood clots

INCREASES

Eye health



ANATOMY

Consisting of spiky leaves whorled around a central stem, a pineapple grows out of the ground from a leafy plant that can stand up to 5 feet tall.

TASTE

A blend of sour and sweet, pineapples offer a distinct tropical taste that is popular in drinks, candies, jellies and toppings.

SEASON

year-round

Best time:
March - June

50 CALORIES
(in 100 grams)

NUTRITION FACTS

DIGESTION

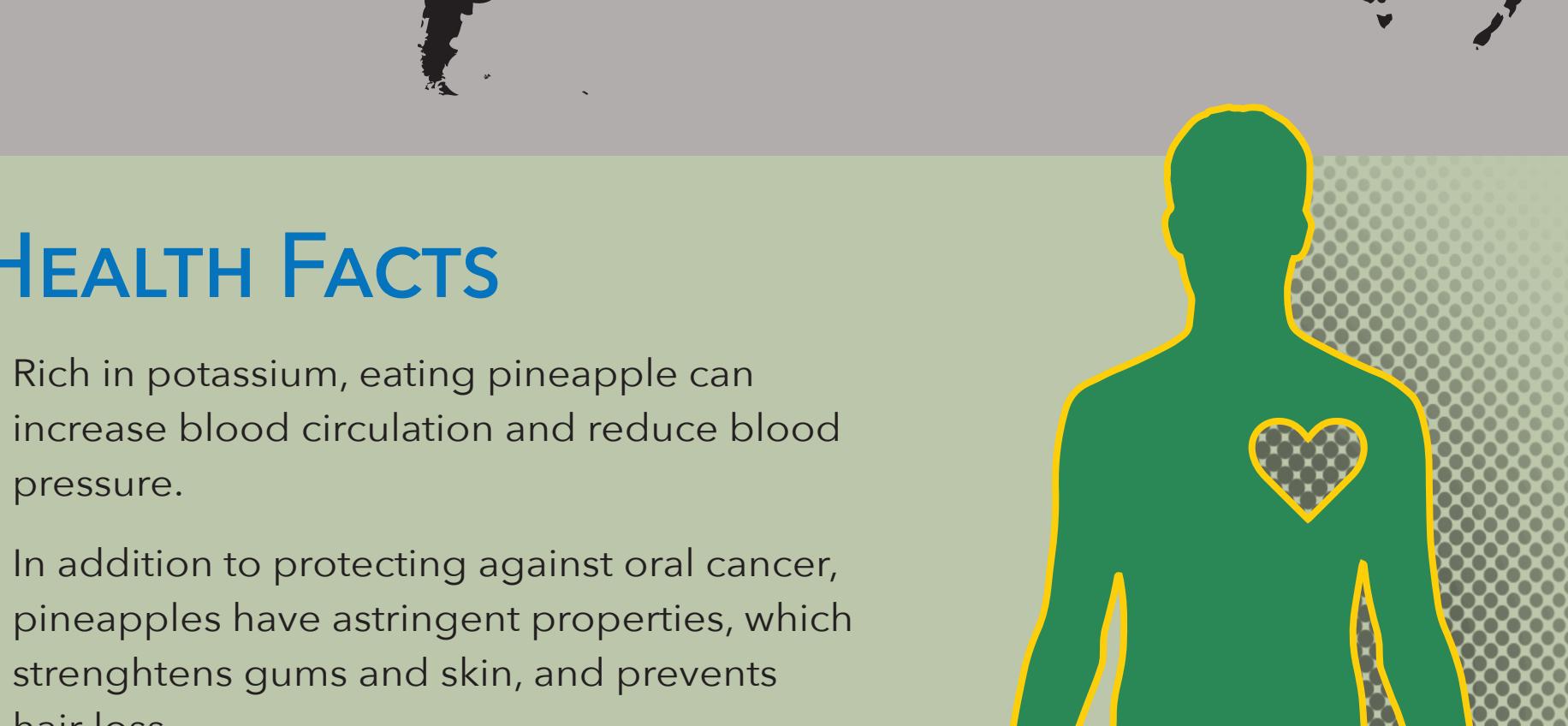


Fiber
Bromelain
Potassium
Pantothenic Acid

VITAMINS & MINERALS



GLOBAL MARKET & GROWTH



HEALTH FACTS

- Rich in potassium, eating pineapple can increase blood circulation and reduce blood pressure.
- In addition to protecting against oral cancer, pineapples have astringent properties, which strengthens gums and skin, and prevents hair loss.
- Pineapple is very rich in bromelain, which is a powerful enzyme that reduces phlegm and mucus build up in the respiratory tract and nasal cavities.



PINEAPPLE SPRITZER RECIPE



- 3 cups of pineapple juice
- 2 cups of coconut water
- 1/2 cups of fresh lime juice
- 2 cups of club soda

FUN FACTS

- It takes almost 3 years for a single pineapple to reach maturation.
- Once harvested, pineapples don't continue to ripen.
- Pineapple juice is also great for tenderizing meat.
- Pineapples were named for their resemblance to pine cones.

ETHAN JANNOTT

SI320 FINAL PROJECT

SOURCES:

[HTTPS://GOO.GL/dsRB7w](https://goo.gl/dsRB7w)

[HTTPS://GOO.GL/ZdNZD5](https://goo.gl/ZdNZD5)

[HTTPS://GOO.GL/Dd3JBQ](https://goo.gl/Dd3JBQ)

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