

# Pineapple



## 3 Prep and cooking tips

- Pineapples can be consumed fresh, cooked, juiced, or preserved.
- First, wash the pineapple; Slice the skin off the sides, going from top to bottom. Lay the peeled pineapple on its side and cut slices around 3/4" inch thick.
- It is delicious eaten as it is with nothing added or you can add toppings such as low-fat yogurt. You can also use pineapple as an addition to your favorite meat dish.

## 2 Shopping and storage

- Smell the pineapple. The pineapple must smell sweet and fresh. A good pineapple is typically golden on the bottom. The pineapple should be firm. Check the crown. Pull off one of the middle leaves. If it comes off easily, the pineapple is good to go.
- A fully ripen pineapple can bruise and rot quickly. If it is stored at room temperature, it should be used within two days and if it is refrigerated, the time span extends to 5-7 days.

## 1 Nutrition Fact:

- Manganese helps the body form connective tissue, bones, blood clotting factors. Manganese is also necessary for normal brain and nerve function.

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