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#### Pineapple

#### Leaves

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* Looking at getting your daily dose of Vitamin C? One cup of fresh pineapple contains 105% of what you need daily and only 83 calories, but 2 grams of fiber!
* Pineapple is packed with the mineral Manganese and vitamin Thiamin (B1) which helps with the body’s energy production.
* With being high in the enzyme, Bromelain, pineapple can help with inflammation, ulcerative colitis, pulmonary edema, muscle relaxation, slowing down blood clotting, prevent cancer, and help with arthritis.

#### Pineapple

l Beneficial Bites

 Bites

Bites



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**Fun Facts:**

* After its cut, the nutrients will last up to 6 days – so it all week long!
* In the wild, pineapples are primarily pollinated by hummingbirds and some are pollinated by bats at night.
* Costa Rica, Brazil, and the Philippines account for 1/3 of world’s production of pineapples.
* When European explorers first encountered the fruit, they name it the pineapple because of the resemblance of the pine cone.
* The difference in the color of pineapples at the grocery store just depend on where they are grown, not how ripe they are, so a green one may be just as juicy as a golden brown one!
* When it drizzles on a sunny day in Hawaii, the locals call it “pineapple juice.”

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Taste It on July’s Menu!:

July 3rd Pineapple Whip Dessert

July 19th Hawaiian Pineapple Chicken

July 31st Pineapple Chunks

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