

Fruit of the Month

Pineapple



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)

Varieties

There are four types of pineapples mainly found in the marketplace. These include the Gold, smooth Cayenne, Red Spanish and Sugar Loaf. They are sold fresh and canned and all have a sweet flavor. The Gold variety features an extra sweet flavor, golden color, and higher vitamin C content.

Nutrition Facts

Serving Size (112g)
Servings Per Container

Amount Per Serving

Calories 50 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 14g **5%**

Dietary Fiber 1g **4%**

Sugars 13g

Protein 0g

Vitamin A 0% • Vitamin C 30%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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. Avoid those pineapples with sour or fermented odors. It is really ripe if you can easily pull one of the leaves out of the top.

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. Cut up pineapple also freezes well.

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

Makes 6 servings

Each serving equals one 5 A Day serving

2½ cups shredded cabbage

1 cup shredded carrots

1 cup pineapple chunks

¼ cup raisins

2½ Tbsp pineapple juice

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

Nutritional analysis per serving: calories 64, protein 1g, fat 0g, percent calories from fat 2%, cholesterol 0mg, carbohydrates 16g, fiber 2g, sodium 17mg

Caribbean Spice Chicken

Makes 4 servings

Each serving equals one 5 A Day serving

1 can (20 oz) pineapple slices

1 Tbsp each of: ground ginger, curry powder, and garlic powder

$\frac{1}{4}$ Tbsp cayenne pepper

1 Tbsp cornstarch

4 Skinless, boneless, chicken breast halves

1 Tbsp vegetable oil

$\frac{1}{4}$ cup each of: flaked sweet coconut, slivered green onions

Drain pineapple juice into a large measuring cup. Combine spices in small bowl. Stir $\frac{1}{4}$ Tbsp spice mixture, along with cornstarch, into pineapple juice. Set aside. Sprinkle all remaining spice mixture over chicken. Drizzle oil over chicken. Place on roasting pan rack. Bake in a 400 degree oven 15 minutes. Arrange pineapple slices on rack. Bake 5 minutes longer. Meanwhile, stir pineapple juice mixture. Microwave, uncovered, 2 to 4 minutes until sauce boils and thickens. Arrange chicken and pineapple on 4 serving plates. Spoon pineapple sauce over, top with coconut and onions. Serve with 1/2 cup serving of dark green vegetables.

Nutritional analysis per serving: calories 258, protein 27g, fat 6g, percent calories from fat 21%, cholesterol 73mg, carbohydrates 24g, fiber 2g, sodium 91mg

Cottage Cheese, Fruit and Sprout Salad

Makes 2 servings

Each serving equals one 5 A Day serving

Source: International Sprout Growers Association

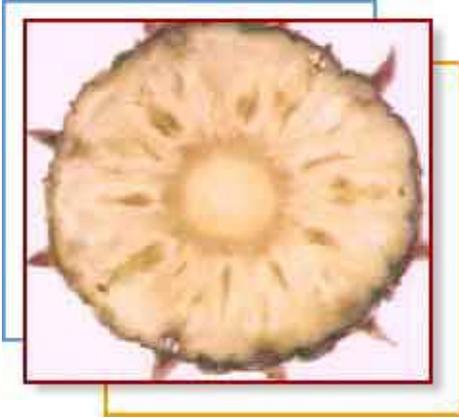
$\frac{1}{2}$ cup non-fat cottage cheese

$\frac{1}{2}$ cup cress or clover sprouts, chopped

1 cup fresh pineapple (or canned crushed pineapple, drained)

1 cup 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.

Nutritional analysis per serving: calories 167, protein 8g, fat 1g, percent calories from fat 3%, cholesterol 3mg, carbohydrates 34g, fiber 4g, sodium 232mg

Hawaiian Ambrosia

Makes 8 servings

Each serving equals two 5 A Day servings

Source: Produce for Better Health
And Maui Pineapple Co., Ltd

1 can (20 oz) pineapple chunks

1 can (17 oz) fruit cocktail

1 can (11 oz) Mandarin oranges

1 cup plain nonfat yogurt

1 cup miniature marshmallows

$\frac{1}{2}$ cup shredded coconut

$\frac{1}{2}$ cup raisins

$\frac{1}{4}$ cup pecans



Drain fruit well. Add coconut, yogurt or sour cream, marshmallows, raisins, and nuts. Mix well and refrigerate for one hour.

Nutritional analysis per serving: calories 169, protein 2g, fat 5g, percent calories from fat 24%, cholesterol 1mg, carbohydrates 31g, fiber 2g, sodium 50mg