



Royal Hawaiian Movers

A DEWITT COMPANY®

8 HEALTH BENEFITS OF ONE CUP OF PINEAPPLE



Hawaii has been known for its pineapple production since the early 1900s

2. VITAMINS AND MINERALS²

A cup of pineapple contains **more** than the recommended daily intake of **Vitamin C**

4. FACILITATES WOUND HEALING³

High vitamin C content helps **heal wounds** and injuries to the body quickly.



6. IMPROVES EYE HEALTH^{1,2}

The **beta carotene** found in pineapple is essential for eye health and Vitamin C reduces the risk of developing cataracts

8. STRENGTHENS GUMS³

Pineapples have antioxidant compounds and astringent properties that protect against oral cancer and tighten gum tissue



1. GREAT SOURCE OF GOOD CARBS⁴

One cup of pineapple chunks provides almost 22 grams of **carbohydrates**, primarily in the form of simple sugars. Your body is able to **quickly metabolize** simple sugars for **immediate energy** before a workout.



3. REDUCES INFLAMMATION³

5. STRENGTHENS BONES²

Pineapple is rich in **manganese** which helps build bone and connective tissue.

7. STIMULATES IMPROVED DIGESTION²

The presence of **bromelain**, soluble **fiber** and insoluble fiber in pineapple is **fairly unique**. Fiber is well-known for its digestive benefits. Bromelain promotes the **breakdown of protein**

Be sure to consult your physician before beginning any diet program

TOO MUCH PINEAPPLE

As with anything, too much pineapple can have adverse effects including soreness and sickness.



PINEAPPLE RECIPES

ROYALHAWAIIANMOVERS.COM/PINEAPPLE

Sources:

1. **7 Incredible Pineapple Benefits: From Promoting Eye Health to Burning Fat**
Bhandari, Vaani <http://food.ndtv.com>
2. **19 Science-Backed Health Benefits of Pineapple**
Nichols, Helen <http://www.well-beingsecrets.com>
3. **11 Amazing Benefits Of Pineapples** <https://www.organicfacts.net>
4. **Is Pineapple a Good Fruit to Eat for a Workout?** <http://healthyeating.sfgate.com>