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NUTRITION AND YOU...PINEAPPLES

FOOD FOR THOUGHT

Pineapples are one of the most popular tropical fruits in America. The U.S. imports all of its fresh pineapples - mainly from the Philippines, Thailand, Indonesia, and Costa Rica. Fresh pineapple is delicious and easy to prepare. It can be used to enhance meat recipes, to tenderize tough cuts of meat, to sweeten vegetable dishes, and in many dessert recipes.

SHOP SMART

Pineapples are available in supermarkets year-round. When shopping for ripe pineapples, look for fruit that is firm and heavy for its size, but gives slightly when pressed. The fruit should have delicate fragrance and the leaves should be green and fresh-looking. Green pineapples must have some yellow at the base if they are to become sweeter when left to ripen for a few days. Do not purchase pineapples with bruises, soft spots, or fermented smell.

EAT HEALTHY

Pineapples are:

- An excellent source of Vitamin C
- A good source of manganese
- Fat free and Cholesterol free
- Low in calories



Note: 1 cup of chunks, slices, or crushed pineapple provides one cup of your daily fruit requirement.

KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food.
- Whole pineapples can be kept in the refrigerator for three to five days. Store them in a plastic bag to help conserve the moisture content.
- Cut pineapple that is kept in an airtight container will stay fresh for about a week in the refrigerator.

Your Local Story here:

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES

RECIPE

Hawaiian Chicken

Ingredients:

- 1 tsp oil or margarine
- 5-6 boneless, skinless chicken breasts
- ¼ tsp salt
- 1/8 tsp pepper
- 1 can of pineapple juice (6 oz) frozen concentrate, defrosted
- 2 cans of water (12 oz)
- Optional: Canned or frozen pineapple chunks

Instructions:

1. Lightly oil or spray a large frying pan with non-stick cooking spray. Heat the pan on low.
2. Put the chicken breasts in the hot pan. Sprinkle with salt and pepper.
3. When chicken begins to brown, add pineapple juice and water to the pan.
4. Cover and cook slowly, turning now and then, for about 50 minutes.
5. Put the chicken on a warm platter.
6. Skim the fat from the chicken juices in the pan

Nutrition Facts – Hawaiian Chicken

Cost: Per Recipe: \$ 9.05 Per Serving: \$ 1.81

Serving Size: 268g (1/5 of recipe)

Calories: 340

Calories from Fat: 70

Per Serving	% Daily Value*
Total Fat – 8 g	12%
Saturated Fat – 2 g	10%
Dietary Fiber – 0 g	0%
Sodium – 300 mg	13%
Sugars – 14 g	
Protein – 49 g	

*Percent daily value Based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

7. Boil down the juices until they are slightly thickened (about 5 minutes).
8. Return the chicken to the pan and add pineapple. Reheat for a few minutes.
9. Chicken is done when the internal temperature reaches 165 degrees.

FOCUS ON FITNESS

Aerobic activities like brisk walking, running, swimming, and bicycling make you breathe harder and make your heart and blood vessels healthier.

REMEMBER:

To tenderize tough meat, marinate in pineapple chunks or juice. Discard pineapple after marinating meat.

REFERENCES

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