



# Pineapple

## Fun facts on pineapple:

- Pineapple originated in South America including southern Brazil and Paraguay
- In 1493 Christopher Columbus used pineapple on ships to protect sailors from scurvy, a disease from Vitamin C deficiency
- Pineapple is an excellent source of Vitamin C, which supports our immune system and manganese, which may help with wound healing
- It is the only known source of bromelain, which may help reduce swelling with arthritis and prevent joint pain



## Did you know?

Pineapple was given its name from European explorers who thought it resembled a pinecone!