WHAT PINEAPPLES DO TO YOUR BODY
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Joel Marion, CISSN
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What do Thailand, the Philippines, China, Brazil, and Mexico all have in common with Hawaii?

Pineapples.

Yummmm… I can just taste a juicy bite of one melting in my mouth right now. They’re delicious and sweet but are they a fat burning food or a fast storing food?

And what exactly do they do to your body when you eat them?

A sweet fruit that most people enjoy, pineapple is one food that definitely should be making an appearance in your meal plan. But yet, for some odd reason it often goes overlooked. The second you understand the many health benefits that pineapples have to offer however, you may rethink passing them by next time you’re at the grocery store.

Inside this short free report we’ll take a deep dive into this often overlooked tropical fruit with some fun facts about pineapples – their history, their benefits, how to consume them for faster fat loss and optimal health, and give you a few delicious recipes that will make you excited to add pineapples to your diet regimen.

We’ll also discuss some do’s and don’ts when eating pineapples to help you improve your overall health and accelerate your weight loss results.

HISTORY OF PINEAPPLES

Pineapples were discovered very early back in 1493 by Europeans who were on the Caribbean island of Guadalupe. Unfortunately despite their best attempts to cultivate the fruit, they failed as pineapples simply needed a more tropic climate in order to grow
optimally. It was then later in the 16th century that Portuguese and Spanish explorers introduced pineapples into their Asian, African, and South Pacific colonies.

Then, later on in the 18th century, the US jumped on the pineapple bandwagon with the fruit being grown in Hawaii. To this very day, Hawaii is the only state that is able to grow pineapples successfully, so if you’re ever in the area, do be sure to stop in and eat some fresh as this is one thing Hawaii is known for. As it stands, **Hawaii produces about 1/3 of the total pineapples in the world.**

In addition to growing in Hawaii, pineapples are also grown in the other countries including Thailand, the Philippines, China, Brazil, and Mexico.

**FUN FACTS ABOUT PINEAPPLES**

Here’s a little something you probably didn’t know: *it takes a pineapple 18-20 months to mature and become ready to harvest*. That pineapple you’re eating had a lot of patience ripening up for your taste buds.

Furthermore, unlike an apple tree or grapevine, which produce a plentiful harvest, one pineapple plant is only able to produce one pineapple at a time. There’s a lot of care and land space that needs to be devoted to growing pineapples.

Here’s another fun fact I learned writing this free report for you...

If you happen to have a pineapple that isn’t quite as ripe as you’d like, no problem. You can actually ripen it faster by turning the pineapple upside down.

Want to grow your own? You’ll only need two things to make it happen, but the first one will be nearly impossible for most of us. First you have to live in an area with a climate that makes it possible for them to flourish. Second, you can simply **plant a single pineapple leaf and wait for the magic to happen.** Pineapples are great at regenerating themselves in this manner.
Now that you know a little more about the pineapple, ready to discover its many health benefits?

Okey dokey. Let’s get started!

HEALTH BENEFITS OF PINEAPPLES

Like most fruits directly from nature, pineapples provide an excellent array of health benefits. When you eat these foods in their natural state, you’re getting a super concentrated source of nutrition coupled with all-natural dietary fibers.

Here are some of the positive things you can expect to see and experience.

**Better Immune Health**

I’m sure you know by now that maintaining a strong immune system is a must. Your immune system protects you and prevents you from catching that nasty flu bug when the guy next to you at the office sneezes or coughs without covering up his mouth. Yuck!

It’s also going to help you bounce back and recover faster after you perform any type of intense workout session – thus promoting faster progress.

Your immune system may also help you ward off disease, keeping your body strong and able to fight anything that stands in its way.

But yet, many of us are not taking steps to optimize our immune health. Great news – **pineapples can help.** This fruit is a very rich source of vitamin C, **providing 105% of our daily needs** with a one-cup serving. Vitamin C acts as a powerful antioxidant in the body, which serves to strengthen our immune health. It will help to defend against free radicals, which can attack and cause damage to your normal healthy cells.
Stronger Bones

“Can I be excused from the dinner table please?”

“Not until you finish your milk!” Replied Grandma.

I’m sure when you were growing up mom and grandma would tell you to drink your milk so you could grow up and become big and strong.

That’s because when most people think of stronger bones, they tend to think of calcium or milk.

While there’s no denying the important role that calcium does play in building the foundation for a strong skeletal system, don’t overlook the role that manganese plays as well.

And, as it turns out, pineapples are a terrific source providing 75% of your total daily intake. Research has shown that when postmenopausal women supplement with calcium as well as trace minerals including manganese, they lost less total bone mass loss over a two-year trial period¹.

Remember, even if you’re younger reading this right now and feel like you have strong bones, what you do now is going to lay the foundation for the future in terms of bone health, so take all the steps you can to build up your bone density.

Reduced Risk of Macular Degeneration

Speaking of the benefits of vitamin C, you can count improved eye health as well.

Those who have a higher intake of carotenoids including vitamin C, as was found in a study published in the Jama Network had a lower overall risk factor for age-related macular degeneration². The study noted that those who had the highest intake had about a 43% lower risk compared to those that had the lowest intake, so it’s a pretty significant difference.
**Enhanced Digestion/Reduced Bloating**

Ever get that bloated feeling after a meal? Most of us have at one point or another and it can be quite the uncomfortable experience. Here again, pineapples come to the rescue.

Pineapples contain one of the key digestive enzymes – bromelain – that is responsible for helping to break down and digest protein rich foods. By eating pineapple with your meals, you'll give your body an extra boost of these enzymes, helping to speed the process along helping to reduce belly bloat.

As an added benefit, serving the pineapple after your meal will help you feel like you’re eating dessert, so you not only reap the psychological satisfaction of craving your sweet tooth, but the digestive enzyme benefits as well.

On top of that, pineapples also provide a nice dose of dietary fiber as well with a one cup serving giving you 2.31 grams, so this can also help to add bulk to the intestines, improving the passage of waste materials out of the body while helping you feel fuller after your meals.

**In other words, if you’re not pooping enough, adding pineapples to your plan will help.** Just sayin’.

Not enough positive things can be said from including fiber in your diet, so it’s one type of carbohydrate you want to ensure you are getting enough of. Dietary fiber can help with everything from lowering your risk of heart disease to decreasing blood pressure.

**Anti-Inflammatory Power**

Inflammation is one of the leading causes of disease in today’s world and can be attributed to a number of factors. Poor diet, lack of sleep, inadequate levels of exercise, and chronic psychological stress are all linked to higher than normal levels.

While in the short term inflammation is beneficial to the body and can help with the healing of injuries or wounds, when it becomes chronic, it sets you up to experience a wide array of different diseases.
The digestive enzyme, **bromelain, found in pineapple – may offer protection against inflammation.** Research demonstrates that bromelain may act as an anti-inflammatory agent in the body, lowering the overall level of inflammation you experience while helping ward off disease⁵.

Inflammation is a sneaky culprit. It’s not something you typically see, feel or know you are even suffering from until you are simply struck with some type of debilitating disease. Many people don’t know they are experiencing high levels of inflammation until it’s too late.

Take precaution against it. The more you can do to avoid it, the better off you will be. Pineapples will help.

**Enhances Blood Circulation**

Although pineapple can help lower blood pressure, thanks to the fiber content, this fruit may also help to enhance blood circulation as well because it’s a great source of copper.

In case you didn’t know already, **copper is a mineral that is necessary for the formation of healthy red blood cells that can help to deliver oxygen to the organs and keep them functioning at their peak potential.**

The increased blood flow that you experience thanks to the extra copper in your diet may also help to **prevent neural disorders such as Alzheimer’s disease as well.**

Gotta love that!

As you can see, there are some incredible health benefits you can experience simply by including pineapple in your diet.

So far, so good! **Pineapples definitely get the green light when it comes to improving your overall health and longevity.**

Now let’s talk about how they can help enhance your fat burning potential as well.
Many people often wonder if fruit can make you fatter or slow down fat loss—primarily because of the naturally occurring sugars.

We’ve all been told that avoiding sugar is a must on any fat loss diet and since fruit has sugar, doesn’t this mean it should be avoided as well?

Even if you’re following a very low carbohydrate diet plan, don’t fear fruit.

You may have to minimize its intake, but consuming fruits like pineapples (especially after exercise) can be very beneficial in your quest to lose body fat.

Fruit can be helpful for fat loss because first, half the sugar found in fruit is not glucose but fructose so it won’t spike blood glucose levels and second, this sugar is also paired with dietary fiber as noted above, which further slows down the blood glucose release.

Obviously you don’t want to eat too much fructose because it can overload the liver and lead to increased body fat accumulation. But the amount you’ll take in with a serving or two of fruit is relatively modest, so not something to get too concerned over.

The health and fat burning benefits you’ll get from a few servings of pineapple (or any other fruit for that matter) FAR outweigh the potential negative side effects.

Remember, everything in moderation!

Furthermore, because pineapples offer a sweet delicious taste, this may help curb your cravings for other sugar-laden foods, essentially helping you stick to your diet better, preventing you from succumbing to cravings for foods like cake, chocolate, or candy.
And let’s not forget the digestive enzyme benefits pineapples offer. We already noted that they can help you break down protein rich foods and with this increased breakdown comes an improved energy level thanks to the nutrients in the foods becoming more available.

On top of this **pineapples are also a great source of vitamin B content as well**, which is a water soluble vitamin that is great for improving your energy levels and ensuring your metabolism is functioning at optimal levels.

**Pineapples are also an excellent lower calorie diet treat.** Each cup only contains 83 calories, 0.2 grams of fats, 21.6 grams of carbs, and 0.9 grams of protein, making them a relatively easy add to any diet plan.

**PROS OF PINEAPPLES**

To summarize, let’s look at the pros of including pineapples in your menu.

- Contains a great source of digestive enzymes, which will help with the breakdown of the protein rich foods you eat, reduces bloating, improves energy, and increases your nutrient availability.
- They are virtually sodium free – perfect for those on sodium reduced diet plans (however, you shouldn’t fear unrefined sea salt, but I digress) 😊
- Their fiber content will help to decrease your risk of heart disease.
- Pineapple is a lower calorie snack that can be added to just about any diet plan, even low carb.
- Contain a powerful dose of vitamin C, which can help to strengthen the immune system, improve eye health, and can also help to lower inflammation in the body.
- Are easy to keep – a freshly cut pineapple can stay good in the fridge if stored properly for up to 5 days.

**CONS OF PINEAPPLES**

While the benefits of pineapples are pretty amazing, there are a few cons that you’ll still...
want to know about. Keeping these in mind can help you make an informed decision about how much pineapple you want to eat and when.

- While they do contain healthy natural fruit sugar, this is still sugar and if you eat too much, could be linked to weight gain.
- Won’t work on ultra-low carb diet plans, but may be acceptable after exercise or on weekends.
- Should be consumed with a protein or healthy fat source in order to best stabilize blood glucose levels because of the naturally occurring sugars.
- They are slightly higher in calories compared to some other fruits like melons and berries.
- Pineapple has been thought to stimulate menstruation, so should be avoided by women who are newly pregnant or trying to conceive.
- If taken in higher quantities, bromelain can lead to feelings of nausea in some individuals, so be careful about just how much pineapple you are eating.

**Bottom line:** as long as you are sure to avoid high quantities of pineapple and limit yourself to half a cup to a cup a day, you should not have to concern yourself with these cons.

**HOW TO CHOOSE A GOOD PINEAPPLE**

If you’ve decided to start including pineapple in your diet, you’re going to want to know how to choose the best fruit. Chances are, you’ve tasted the difference between a good one and a bad one, which probably had a rather bland taste and tough to chew.

You can avoid this by choosing a pineapple that seems heavy for it size. It doesn’t really matter if you choose a small or large pineapple; what matters more is the weight for the size it is. So pick up two or three pineapples (or more!) and see which is the heaviest. That is likely the one that you want to choose and will produce the juiciest, sweetest fruit possible.
It should also have a nice sweet pleasant small, not one that smells musty or fermented. Finally, make sure that any pineapple you choose is free from all soft spots or darkened areas. It should be the same color throughout.

While it’s not as important to choose organic pineapple as it is other fruits where you are eating the skin, if you can opt for organic, all the better. This will help you limit your exposure to potentially unsafe chemicals that were used during the growing process.

**STORING PINEAPPLE**

Now that you have your pineapple home, it can keep well on the kitchen counter for about one or two days. Just do be sure to keep a close eye on the pineapple to avoid spoiling. If you are going beyond this two day mark, you’ll want to store the pineapple in the fridge wrapped in plastic (a bag or plastic wrap works nicely) and it’ll stay good for another three to five days.

Once you cut the pineapple up, you’ll want to store it in the fridge in an airtight container. This will help retain its freshness and ensure it stays as juicy as possible to eat. If you prefer, you can also freeze pineapple, however note that this will slightly alter its flavor and it may not come out as juicy as it was originally when thawed.

This said, frozen pineapple can be a delicious sweet treat on a hot summer’s day instead of serving up ice cream.

**GOOD PINEAPPLE VS BAD PINEAPPLE**

When shopping for pineapples, there are a few variations that you can purchase.

The first and best choice is obviously fresh pineapple. This is pineapple that has not been altered in any way so is going to give your body the maximum amount of nutrients, ensuring that you get the nutritional boost you’re looking for.
Another form of pineapple you may find is canned pineapple. Be careful with this form however. **Canned pineapple often has added sugars** to make the juice, therefore it's not going to be nearly as healthy as fresh pineapple would. These added sugars are not natural so should be avoided. If you can find canned pineapple in water, this would be a safer bet.

You may also come across dried pineapple chunks as well. While these are definitely delicious, **they are not an optimal choice for a healthy diet plan either.** Not only is dried fruit far more calorie and sugar dense than fresh fruit (meaning it's very easy for you to tally up a high total number of calories), but it's also often has added sugars. Depending on how it was prepared, it may be anything but natural.

Finally, you may also think about serving up some pineapple juice. Do your best to refrain from this as well. **The problem with pineapple juice is the fact that it's not only very calorie and sugar dense, but also lacks the dietary fiber that you'd get from eating the pineapple fresh. This means a faster spike in blood glucose levels and a higher risk of fat gain.**

This applies to **all** fruit juices, so always stick to fresh whenever you can.

**THE BEST TIME TO EAT PINEAPPLE**

Because pineapple does contain natural fruit sugars, it only makes sense that you’ll want to eat it when your body can **use these sugars for energy.** Don't serve up a large dose of pineapple and then go to bed or there will be a higher risk that the calories from that pineapple will end up your hips, thighs, or lower abs.

Instead, **serve it as a pre or post workout treat.** The natural fruit sugars can help give you the energy you need to get through that workout session and help replenish muscle glycogen levels once the workout is over. If there is one time in the day it is okay to have a bit of sugar, post-workout is it!
The other times you may eat a smaller amount of pineapple (think ¼ - ½ cup serving) is with or after meals. By doing so, you’ll get the digestive enzyme benefits pineapple provides, helping to improve how you feel after each meal you consume.

Keep in mind this doesn’t mean you can’t eat a little pineapple as a snack mid-afternoon, it’s just that the above noted times will be optimal, especially if fat loss is a concern for you. Just remember to eat it with some type of protein to minimize blood glucose response.

Now that you know the in’s and out’s of pineapples, let’s give you a few delicious recipes you can use to add pineapple to your diet in the most effective way possible.
Pina Colada Smoothie

1-2 scoops banana or vanilla flavored protein powder
1 cup almond or coconut milk
½ frozen banana
½ cup regular or frozen pineapple
1 tbsp. unsweetened dried coconut
1-2 ice cubes

Place all ingredients in a blender and pulse blend until desired consistency is reached. Serve immediately.

A delicious treat to eat an hour or two before exercise to provide energy or within 60 minutes afterwards to replenish depleted muscles and recover faster.

Sweet And Sour Chicken

8 oz. cage free organic chicken breast, cut into pieces
½ cup chopped onion
2 tbsp. low sugar or no HFCS ketchup
1 tbsp. low sodium soy sauce
½ tbsp. vinegar
stevia to taste
1 tsp. grated fresh ginger
1 large red pepper, diced
1 large yellow pepper, diced
½ cup pineapple pieces
¼ cup pineapple juice (from pineapple pieces, without sugar added)
3 cups cooked brown rice (white rice is fine for those looking to gain muscle)

Layer the chicken breast and vegetables in a slow cooker. Mix together the ketchup, soy sauce, vinegar, stevia, ginger, and pineapple juice to taste. Add a small amount of cornstarch if you prefer a thicker sauce.

Pour into slow cooker and cook on low for six hours. In the last hour of cooking, add the pineapple pieces. Serve on top of brown rice.

O-M-G! Deeeelish!

**Tropical Oatmeal**

¼ cup oatmeal (preferably organic, gluten free, steel cut)
¼ cup pineapple chunks
1 tbsp. almond or coconut milk
1 tbsp. unsweetened coconut flakes
½ sliced banana
1-2 scoops banana whey protein powder (or vanilla if you don’t have banana flavored)

Prepare the oatmeal using water. Once finished, stir in the whey protein powder along with coconut milk. Top with pineapple pieces, sliced banana, and coconut flakes. Serve immediately.

This is another amazing pre or post workout treat. Best. Tasting. Oatmeal. EVER.

**Hawaiian Chicken Fruit Salad**

6 oz. cage free, organic chicken breast, grilled and cut into bite sized pieces
1 cup fresh pineapple cubes
½ cup sliced red seedless grapes
½ cup sliced mango
2 tbsp. slivered almonds
1 ½ tbsp. lemon juice
½ tbsp. olive oil
4 cups spinach leaves

Combine the olive oil and lemon juice. Set aside. Grill the chicken breasts on a BBQ and then toss together with the sliced fruit and spinach leaves. Drizzle salad dressing on top, toss and serve with slivered almonds on top.

This would be a great one to make a double or triple batch of for a family barbecue. Your friends and family will be like, “What? THIS is healthy?” And you can say, “Holla!”

**Pineapple Turkey Lettuce Wraps**

8 oz. ground turkey breast meat
1 egg white
1 tbsp. freshly chopped fresh dill
¼ onion, finely diced
1 mushroom, finely diced
4 half-pineapple rings
1 sliced red pepper
3 large sliced mushrooms
½ tbsp. olive oil
large lettuce leaves

Combine together the ground turkey breast meat, egg white, freshly chopped dill, onion, and mushroom. Form into a very thin flat patty. Place one of the pineapple pieces on top and place enough turkey mixture on top to cover. Squeeze the turkey mixture together to seal in the pineapple. Do the same with a second burger.

Place on a non-stick grill and cook for 4-5 minutes per side or until turkey is cooked. Meanwhile, heat olive oil in a non-stick skillet. Sauté the red pepper and mushrooms first and once tender, remove and lightly grill the remaining pineapple rings.

Serve wrapped up in lettuce with another grilled pineapple slices on top along with the sliced red pepper and mushrooms.
I can assure you that once you taste these you’ll realize your favorite local restaurant lettuce wraps don’t have anything on this! Save money and fix your own instead.

**Asian Shrimp Stir-Fry**

20 large shrimps, peeled and deveined
1 tbsp. sesame oil
1 red pepper, julienned
1 yellow pepper, julienned
½ cup baby corn
2 tbsp. water
1 tbsp. low sodium soy sauce
½ tbsp. white vinegar
½ cup pineapple pieces
1 pinch Stevia (to taste)
½ tsp. cornstarch (very trivial amount so no need to be concerned)
¼ tsp. pureed ginger
1 cup cooked brown rice (again, white rice is fine too if you’re looking to gain muscle)

Heat sesame oil in a skillet over medium heat. Add in the shrimps and sauté for 2-3 minutes. In another bowl, stir together the water, soy sauce, vinegar, cornstarch, and stevia.

Add in the vegetables, ginger, and sauce. Cover and simmer for 2-3 minutes over low to medium heat. Remove lid, stir in the pineapple pieces and cook for 1-2 minutes to allow flavors to blend. Serve over top of brown rice.

Pineapples are a delicious fruit that you’ll want to ensure you aren’t missing out on.

With a number of health and weight loss benefits not to mention great versatility when it comes to cooking, there’s no reason not to add this food to your menu today.

Thanks for reading this free report and have an amazing day!
REFERENCES:


