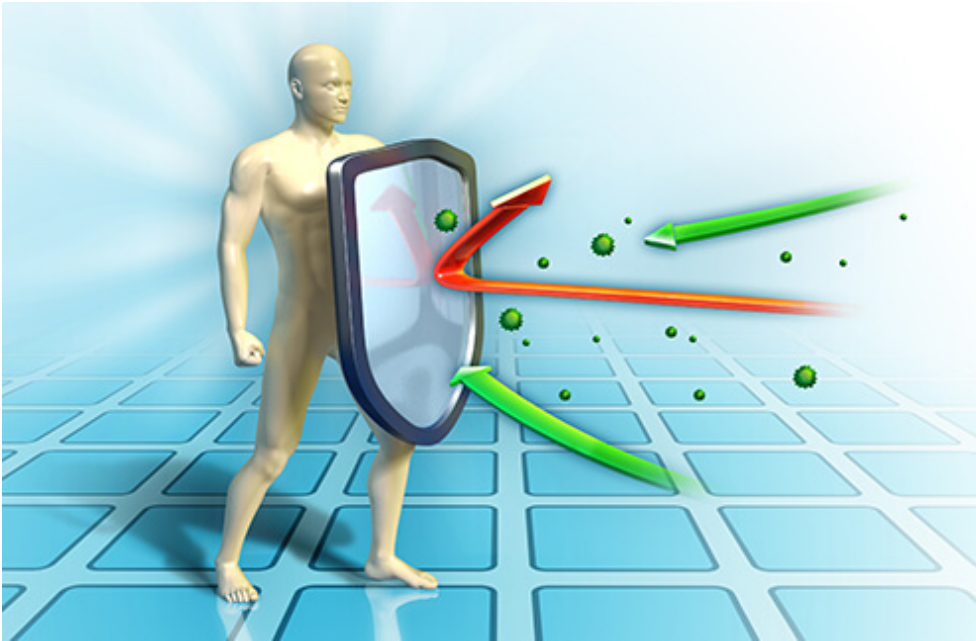




Bet You Didn't Know Pineapples Can Do This For You!

Pineapple is one of the most well-loved fruits in the world. It's sweet, tart, and tangy. What most people don't know is that the pineapple is also one of the healthiest fruits. Here are some of its many health benefits:



Strengthen the Immune System

Pineapples have a very high content of the Vitamins A, C, and E, which helps defend the body's cells against free radicals. These Vitamins also help in combating health problems like heart disease, joint pain, infections, and the common cold and flu.



It's Anti-Inflammatory

Pineapple is the only dietary source of Bromelain, an enzyme that is used to reduce pain, swelling, and bruising in the body. It is found in the core of the fruit and the sweet juices of the pineapple. This makes the pineapple great for treating injuries such as sprains, strains, and other muscle injuries.



Aids Digestion

Bromelain, along with the rich fiber and high water content of the pineapple, makes it one of the best fruits to eat for proper digestion. Pineapples also help prevent constipation, irritable bowel syndrome, and diarrhea.



Aids Bone Health

Pineapples have high levels of manganese (almost 75%), which helps in keeping our bones strong and healthy. Manganese also helps in maintaining and strengthening the connective tissue that we have in our joints, which ultimately helps with overall bone repair and growth.



Protects Eye Health

Studies have shown that one of the unique benefits of the pineapple is eye health. Pineapples can reduce the risk of macular degeneration, or degradation of eyesight due to old age. The pineapple has high levels of beta carotene which indirectly boosts eye health, and prolongs good eyesight.



Stabilizes Blood Pressure

Pineapples also have high levels of potassium, which is a great way of lowering blood pressure. Potassium, along with bromelain, can also reduce excessive coagulation of blood, which helps with blood flow and helps in preventing blood clots.

Being a delicious fruit with so many health benefits, it's no wonder that so many people consider pineapple as their favorite fruit. Not only does this yellow fruit keep your body healthy and strong, it also helps in preventing injuries and illnesses. There are many delicious ways of incorporating [pineapples](#) into your diet. Visit the [Del Monte Kitchenomics recipe section](#) for some easy and wonderful ideas!

Sources:

Health Benefits of Pineapples <https://www.organicfacts.net/health-benefits/fruit/pineapples.html>

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