Pick a better snack - Pineapple Wash. Cut. Eat. How easy is that? Or

Open can. Eat. How easy is that?



After a long winter, everyone's ready for a taste of the tropics. Look no further than your local grocer for juicy pineapple, the delicious, nutritious fruit that brings the feeling of summer.

Look for pineapple canned in juice. You can get rings, chunks, or tidbits. They all taste the same, wonderfully sweet and delicious. They're just cut to different sizes.

Fresh pineapple is naturally sweet and a great way to satisfy a sugary craving with a healthful snack. One serving of two slices contains only about 60 calories and a quarter of your daily recommended Vitamin C. Jim Dole thought pineapple was so great that he founded the Hawaiian Pineapple Company in 1901, with the goal of making pineapple available in very grocery store in the United States!

Fresh pineapple doesn't ripen any further after it is picked. The most flavorful pineapples will be heavy for their size with dry, crisp shells and dark green crown leaves. After washing, remove the pineapple's outer shell by slicing length-wise with a sharp knife. Then, cut fruit away from the fibrous core. Your scrumptious snack is ready to eat.

Wash. Cut. Eat. How easy is that? Or, open can. Eat. How easy is that?

Take pineapple with you!

- Make skewers with pineapple (fresh or canned pieces), grapes, strawberries or other fruit of your choice, fresh or canned.
- Dip slices into low fat or fat free yogurt for a quick snack.
- Add pineapple pieces to cole slaw, tuna salad, spinach salad any salad!
- Eat right out of the can for a quick snack. Look for pop-top cans.

Quick nibble:

As a Caribbean rite of manhood, barefoot youths ran through prickly-skinned pineapple plantings and were expected to endure the resulting cuts without protest.

For more nutrition information, contact your local Extension Office. Click here www.oznet.ksu.edu/fnp/Staff/FNP_Counties.html

Funding provided by Food Assistance Program and the United Methodist Health Ministry Fund. Pick a **better** snack campaign developed by the Iowa Nutrition Network and Iowa Team Nutrition.