



## 6 Scientific Health Benefits of Pineapple

*The vitamins and nutrients packed into pineapple make it a healthy snack option with several health benefits.*

**1. Pineapple Is Rich in Vitamin C:** One cup of pineapple contains 78.9 milligrams of vitamin C. That's more than the recommended dietary allowance for women (75 mg per day) and close to the recommendation for men (90 mg per day). Vitamin C is important because it encourages growth and healing around the body, such as promoting collagen formation for healthy skin, and it plays a role in everything from wound repair to iron absorption.

**2. Eating Pineapple May Aid Your Digestion:** Pineapple contains bromelain, a mix of enzymes that studies have shown can reduce inflammation and nasal swelling as well as aid in the healing of wounds and burns. It's also been linked to helping improve digestion and has historically been used in Central and South American countries to treat digestive disorders.

**3. The Manganese in Pineapple Promotes Healthy Bones:** Along with calcium, the trace mineral manganese is essential for maintaining strong bones. One cup of pineapple contains about 76 percent of the recommended daily value of manganese. Manganese may help stave off osteoporosis and improve overall bone and mineral density.

**4. Pineapple Is Packed With Disease-Fighting Antioxidants:** Studies have found this fruit to be a great source of antioxidants, specifically phenolics, flavonoids, and vitamin C. Antioxidants are compounds in food that may help fight inflammation and free radicals in the body. Free radicals are molecules that can cause cellular damage and lead to health issues, including heart disease, type 2 diabetes, Alzheimer's disease, and eye problems. Filling up on antioxidant-rich foods like pineapple can play a role in countering those risks.

**5. Thanks to Its Antioxidants, Pineapple Has Cancer-Fighting Properties:** Cancer occurs when abnormal cells in the body multiply and take over the healthy tissue. While there's no guaranteed way to prevent cancer, experts suggest eating a healthy diet which is high in antioxidants (which you can get through pineapple), to help fight off free radicals to reduce your risk. One study found that diets and blood concentrations high in antioxidants were associated with a lower risk of cancer.

**6. Pineapple Fits into an Anti-Inflammatory Diet:** Too much inflammation can lead to many diseases, including coronary artery disease, diabetes, cancer, and Alzheimer's. But a diet rich in anti-inflammatory foods, such as pineapple, can help reduce the amount of inflammation in the body. According to research, pineapple's bromelain content is the reason for its anti-inflammatory properties.

**Pineapple Allergies and Precautions:** This powerhouse fruit is delicious and nutritious, but it's not for everyone, despite being considered healthy overall. That's because pineapple can cause allergic reactions in people with a pineapple allergy, and the enzyme bromelain within the fruit can interfere with how effective some medications are. Talk to your doctor if you're concerned about how eating pineapple might affect you.

*Tip: If you opt for canned pineapple, choose fruit packed in its own juice to avoid added sugars.*

