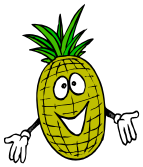

Canned Pineapple

Fruits taste great and are a healthy choice at meal time. Fruits contain vitamin C, vitamin A and fiber. Fruits are naturally sweet and are low in fat and calories making them a great dessert or snack choice!

Nutrition Information

Pineapple is part of the fruit group. Foods from the fruit group provide important nutrients like vitamin A, vitamin C and potassium.

Based on MyPyramid, ½ cup of pineapple provides ½ cup from the fruit group.

A typical person should try to eat 2 cups of fruit every day.

Pineapple is a good source of vitamin C.

Storage

Store unopened cans in a cool, dry place off the floor.

Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten storage time.

Store opened pineapple in a tightly covered plastic container in the refrigerator.
Use within 5 days!

Do not use canned fruit if can is rusted, bulging, or dented. Throw it away!

Uses

- ✓ Canned pineapple is great as a healthy dessert served straight from the can. Pour syrup off of pineapple before eating, save the syrup for other sauce recipes.
- ✓ Canned pineapple is delicious with ham or chicken, and can be added to stir-fries, fruit salads, green salads, breads, smoothies and desserts.

Know how. Know now.

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Recipes

Summer Breezes Smoothie

3 servings

- **1 c. low-fat yogurt, plain**
- **6 strawberries**
- **1 c. pineapple, canned in juice**
- **1 banana, peeled**
- **1 tsp. vanilla**
- **4 ice cubes**

1. Place all the ingredients in a blender and process on high until smooth. Serve right away.

Nutrition Information per Serving: *Calories 150, Total Fat 1.5 g (2% DV), Saturated Fat 1 g (4% DV), Cholesterol 5 mg (2% DV), Sodium 60 mg (2% DV), Total Carbohydrate 31 g (10% DV), Dietary Fiber 2 g (10% DV), Sugars 26 g, Protein 5 g, Vitamin A 2%, Vitamin C 35%, Calcium 15%, Iron 4%.*

Pineapple Cake

18 servings

- **2 c. all-purpose flour**
- **1 c. sugar**
- **2 eggs, beaten**
- **1 tsp. baking soda**
- **1 tsp. vanilla**
- **¼ tsp. salt**
- **1 (16 oz.) can crushed pineapple**

1. Preheat oven to 325ºF. Grease and flour a 9x13-inch baking pan. Set aside.
2. In a large bowl, mix all ingredients together until well blended. Pour into prepared pan.
3. Bake for 35 to 40 minutes or until a toothpick inserted in the center comes out clean.

Nutrition Information per Serving: *Calories 120, Total Fat 1 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 25 mg (9% DV), Sodium 110 mg (5% DV), Total Carbohydrate 25 g (8% DV), Dietary Fiber <1 g (2% DV), Sugars 14 g, Protein 2 g, Vitamin A 0%, Vitamin C 4%, Calcium 0%, Iron 4%.*

All recipes can be found in The Cook's Helper 2nd edition, University of Nebraska-Lincoln Extension, Nutrition Education Program
Source: USDA http://www.fns.usda.gov/fdd/facts/hhpfacts/hp-csfp.htm

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.