



## Pineapple Juice

Canned unsweetened pineapple juice is 100% juice, and has no added sweeteners. Pineapple juice is fortified with vitamin C and is fat free and low in sodium.

### Nutrition Information

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

One cup of pineapple juice provides nearly 75% of your daily value of vitamin C.

Based on MyPyramid,  $\frac{1}{2}$  cup of pineapple juice provides  $\frac{1}{2}$  cup of fruit from the fruit group.

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

Whole fruits have more fiber than fruit juice, so be sure to include whole fruit as part of your healthy diet.



### Storage

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

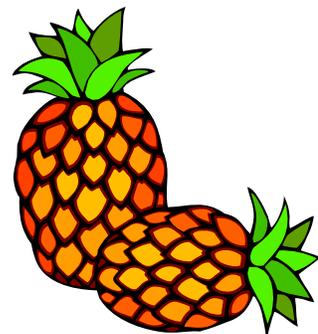
Store opened pineapple juice in a tightly covered plastic container in the refrigerator.

**Use within 5 to 7 days!**

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

### Uses

- ✓ Blend pineapple juice with fresh fruit, yogurt and ice to make a fruit smoothie.
- ✓ Mix  $\frac{1}{2}$  cup juice with  $\frac{1}{2}$  cup sparkling water for a sparkling soda.
- ✓ Fill an empty ice-cube tray with pineapple juice to make frozen juice pops.



Know how. Know **now**.



# Recipes



## Confetti Pineapple Punch

30 servings

- |   |   |
|---|---|
| 1 (46 oz.) can pineapple juice, chilled | 1 liter club soda   |
| 1½ c. orange juice                      | ½ gallon Rainbow Sherbet (can use orange, raspberry, or lime) |

1. In a large mixing bowl or punch bowl, mix pineapple juice, orange juice, and club soda together.
2. Drop spoonfuls of sherbet into punch, and stir until melted. Serve
3. Freeze leftover punch in a tightly covered, plastic container.
4. Frozen punch can be thawed and served again, or eaten as slush.

**Nutrition Information per Serving:** Calories 90, Total Fat 0.5 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 5 mg (2% DV), Sodium 25 mg (1% DV), Total Carbohydrate 20 g (7% DV), Dietary Fiber 0 g (0% DV), Sugars 16 g, Protein 1 g, Vitamin A 2%, Vitamin C 25%, Calcium 2%, Iron 0%.



## Pineapple Ice

12 servings

- |                      |                   |
|----------------------|-------------------|
| 1 c. pineapple juice | ¼ c. lemon juice  |
| ⅔ c. sugar           | 4 c. low-fat milk |

1. In a medium bowl, mix pineapple juice, sugar, lemon juice, and milk.
2. Pour into an empty ice-cube tray or an 8x8-inch pan.
3. Place ice-cube tray or pan into freezer, and freeze until slushy.

**Nutrition Information per Serving:** Calories 80, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 45 mg (2% DV), Total Carbohydrate 18 g (6% DV), Dietary Fiber 0 g (0% DV), Sugars 17 g, Protein 3 g, Vitamin A 4%, Vitamin C 10%, Calcium 8%, Iron 0%.



Recipes provided from the University of Nebraska-Lincoln Extension, Nutrition Education Program

Source: USDA <http://www.fns.usda.gov/fdd/facts/hhpfacts/hp-csfp.htm>