Pineapple (Ananas comosus)

Origin

The pineapple originated in South America and spread throughout the Caribbean, Central America and Mexico. The Spanish introduced the pineapple to the Philippines, Hawaii, Zimbabwe and Guam.

Nutrition

Raw pineapple is a great source of manganese and Vitamin C, which helps improve your immune system, keeping you healthy. It contains a lot of Vitamin A, which makes for healthy skin and vision. It is also low in calories.

Famous Dishes

Pineapple is often eaten fresh (raw) but it can be cooked or juiced. People use pineapple in many different kinds of dishes. Some dishes include pizza, chicken, cakes and pies, stir-fry, salads and smoothies.

Food Production

Brazil, Thailand, Philippines, China are the main pineapple producers in the world supplying 52% of the total output. Hawaii is no longer one of the world’s biggest producers of pineapple.