

AUSSIE PINEAPPLES



FACTS & TIPS



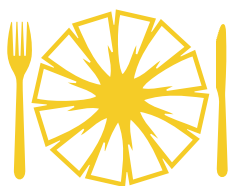
TROPICAL TREAT

Aussie pineapples are sweet and available all year-round and have two peaks - summer and winter.



RIPE & READY

The skin colour of a pineapple can change throughout the year, but they're always ripe and ready to eat once in store.



VERSATILE

Pineapples are the perfect partner for fish, meat, your favourite desserts and other tropical fruits. You can also use pineapple to tenderise meat because bromelain - a phytochemical found in the fruit - breaks down proteins.



LONG LASTING

You can store chopped pineapple in an airtight container in the fridge for up to six days and in the freezer for up to six months.

NO SOFT SPOTS
OR BRUISES



PERFECT PICK

Select fruit that feels heavy for its size and check it doesn't have soft spots or bruises. If it has a top, the leaves should be fresh and green.



DELICIOUS & HEALTHY

Pineapples are an excellent source of vitamin C and manganese, which is good for bone health. They are also a good source of thiamin, magnesium and vitamin B6. Pineapples contain fibre and bromelain, which makes them a terrific food for gut health.

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