

Health Minute™

Welcoming the New Year

A traditional symbol of welcome, the pineapple has been used as a symbol of welcome and hospitality since colonial seafaring days. After their return from long voyages to the South Seas, New England sea captains would spear pineapples atop the iron gates in front of their homes. This was a signal to friends and neighbors that the captain was home and all were welcome. The pineapple has a lot of health benefits that would be a welcome addition to your heart healthy new year.



By Chris Palmer

About the pineapple	Health benefits of pineapple
<p>The pineapple is the only bromeliad fruit in widespread cultivation</p> <p>Uses a special type of photosynthesis that stores carbon dioxide during the night and releases it slowly throughout the day making the plant more efficient</p> <p>Contains bromelian, an enzyme that breaks down proteins</p>	<p>Anti-inflammatory</p> <p>Improved digestion</p> <p>Immune system support</p> <p>Antioxidant</p> <p>One cup provides more than 100% of the recommended daily allowance of manganese</p> <p>High in vitamins B1, B6, and C as well as high in fiber.</p>

