



**Selection:**

Choose a pineapple that is plump, gives slightly to pressure, and is heavy for its size. The stem end should give off a sweet aroma and have deep green leaves. Avoid pineapples with soft or dark spots and leaves that look dry.

**Buying:**

Pineapples can be sold individually or by the pound. If sold per pound, weigh produce to find out exactly how much it will cost. Place the pineapple you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

**Total Weight (lbs) x Price = Cost of Pineapple**

Use this table to find the total cost.

**Example:** What is the total cost for a 1.5 lbs pineapple at \$1.49 per lb? **1.5 lbs x \$1.49 = \$2.24**

**Storage:**

Store whole pineapples at room temperature for 1 to 2 days to allow the pineapple to become softer and sweeter. Once cut, pineapple can be stored in a container with a lid in the refrigerator for up to 7 days.

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

**Room Temperature (whole):** 1 to 2 days  
**Refrigerator (cut):** Up to 7 days

**Use:**

Rinse pineapple thoroughly before preparing. Cut a thick slice from the top and the bottom. Set the pineapple on one of the flat ends. Using the knife, remove the skin by slicing from the top downward. Make sure to slice off all the “eyes”. Cut pineapple to desired size and shape.

Pineapples are good for both cooking and eating raw.



**Digital Scale:**  
The number on the screen = Total Weight



**Hanging Scale:**  
The number the arrow is pointing to = Total Weight

**Know how. Know now.**

## Nutrition:

### 2 (3-inch) slices Pineapple

<b>Nutrition Facts</b>	
Serving Size 2 slices, 3" diameter, 3/4" thick	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 13g	4%
Dietary Fiber 1g	4%
Sugars 10g	
<b>Protein</b> 1g	
Vitamin A 2%	Vitamin C 50%
Calcium 2%	Iron 2%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for 2 (3-inch) slices of pineapple. All pineapple slices are not the same size, but you can use this to estimate the nutrition content for a smaller or larger pineapple slices.

## Recipe:

### Golden Glow Pineapple Salad

Preparation Time: 15 minutes

Serves 4

Cups of Fruit per Serving: 1



#### Ingredients:

- 4 cups Romaine salad mix
- 1 can pineapple chunks in 100% juice (20 oz.), drained and reserved
- 1 cup carrots, shredded
- 2/3 cup raisins
- 1/3 cup walnuts, chopped
- 1/3 cup low-fat mayonnaise
- 1/4 cup pineapple juice from canned pineapple chunks
- 1/4 teaspoon cinnamon

#### Preparation:

- 1.) Place one cup of Romaine salad mix on each of four salad plates.
- 2.) Spoon 1/4 of the drained pineapple chunks and 1/4 cup of shredded carrots on each salad bed.
- 3.) Top with equal amounts of raisins and walnuts.
- 4.) In a small bowl, combine mayonnaise, pineapple juice, and cinnamon.
- 5.) Using a spoon, drizzle dressing over each salad and serve.

#### Nutrition Information per Serving:

Calories 252, Total Fat 9.4 g, Saturated Fat 1.3 g, Cholesterol 0 mg, Sodium 200 mg, Carbohydrates 44 g, Dietary Fiber 4 g, Protein 3 g.