

Nutrition Reality Check

Pure Gold Pineapples are jam packed with the right nutrients

This document has been prepared by nutritionist and dietitian [Joanna Shinewell](#). The key findings of this document, in regard to nutritional value, has been tested by [Monash University](#).

The following statement fruit provides delicate and vital nutrients for maximizing health and well-being.

Immunity

Keeping your immune system strong is aided by vitamin C, manganese, bromelain and anti-oxidants.

Support your immune system when your body needs it. Eat pineapple over these winter months.

Plant nutrients, phyto-nutrients, have been researched in their ability to help the immune system. Phyto-nutrients, known as antioxidants, fight free radicals. These products are produced by the body in response to internal and external pollutants such as stress, infection, pollution and a poor diet.

Vitamin C helps boost iron and zinc absorption from foods consumed. These minerals play a vital role in strengthening the immune system and increasing resistance to infection.

Inflammation is an immune response to injury and even chronic disease. Bromelain is an anti-inflammatory and therefore aids with reducing inflammation and aiding the immune system. It has been shown to relieve symptoms of arthritis, sinusitis and a sore throat.

Gut Health

Beginning a gut boosting regime starts with the unique nutrient Bromelain, only found in pineapple, and is continued with additional benefits of fibre, prebiotics and water.

Bromelain is a proteolytic enzyme that aids the digestion process of breaking down proteins. Thus, helping with absorption of proteins into the body. Also eliciting anti-inflammatory effects it can reduce inflammation in the bowel for those individuals who suffer from irritable bowel syndrome or other digestive health issues.

Research has undoubtedly shown that fibre plays a very vital role in many areas of health, but particularly the digestive health. It is clear that a low intake of fibre can be correlated to an increased incidence of bowel cancer. A high fibre intake will support the functioning of the digestive system by supporting regular bowel movements. A portion of the fibre that pineapples contain is prebiotics in the form of fructans. These pass through the small intestine undigested. In the large intestine, they stimulate the growth and activity of beneficial probiotic bacteria. Rapidly emerging science has linked gut bacteria to many areas of good health

Pure Gold Pineapples
Nutritional Fact Sheet
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including mental health, cardiovascular health, immune function, lowering risk of chronic diseases and improved increased mineral absorption.

Healthy Skin

Pineapples contain vitamin C, bromelain, polyphenols and water which all support healthy and protected skin.

There is growing evidence that vitamin C and polyphenols can protect the skin from sun damage and help reduce skin damage and ageing caused by harmful free radicals. Vitamin C helps keep the skin healthy, and youthful, through its essential role in collagen synthesis, the major protein that provides support and elasticity to the skin.

Bromelain being an anti-inflammatory agent can help reduce inflammation caused by sun damage or general abrasion or damage to the skin. Reducing the inflammation aids the healing process.

Consuming water ensures the bodies efficiency of removing toxins is met. Removing toxins is part of the process to clear skin. The skin being a large organ is also prone to dryness and potentially flakiness when dehydrated. A long-term effect of dehydration can be wrinkles.

Vitality

Pineapple is a fatigue fighter, its energy boosting nutrients, vitamin C, manganese and sugars can claim back vitality.

Pineapple contains sugar. Many people today are uncertain about sugar consumption, however this fruit has a low glycaemic index load, indicating it raises blood glucose levels only slightly without major disruption to an individual's glucose. Eating pineapple produces a slow and long energy release.

Manganese is a mineral involved in energy production in the body.

Vitamin C helps with the absorption of iron, a mineral important for transporting oxygen around the body to help the cells including muscles function and therefore aiding with energy and vitality.

About Pure Gold Pineapples

Pure Gold Pineapples are 100% Australian grown – packed with nutrients and antioxidants, Pure Gold Pineapples grows pineapples 52 weeks a year. Based in Central and Southern Queensland, Pure Gold Pineapples has over 20 growers – and is the largest supplier of pineapples in Australia, packing more than 12 million pineapples each year.

About Nutritionist Joanna Shinewell

Joanna Shinewell is an Australian nutritionist and dietician. Joanna is passionately devoted to *wholistic nourishment*, which encompasses everything from the micronutrient levels of a diet to a person's relationship with food. Joanna aims to empower people to find their recipe to successful living.

About Monash University involvement

Monash University, Victoria, conducted testing of Pure Gold Pineapples to reveal nutritional information – followed by preparation and insights from nutritionist Joanna Shinewell.