

Pick a **better snack**[™] – THE COLOR WAY

PINEAPPLE

Wash. Cut. Eat. How easy is that?



The sweet, juicy flesh of a fresh pineapple is a delightful snack. It may be found fresh as well as canned in juice or syrup. Once a pineapple has been harvested, it won't get any sweeter. To select a pineapple, look for fresh-looking leaves on top and fruit that is heavy for its size. Once home, the fruit will get softer and juicier if left at room temperature for 1-2 days before serving. Cut pineapple will keep in the refrigerator 3 to 5 days.

GRILLED PINEAPPLE

- 1 medium fresh pineapple cylinder
- 1 Tablespoon melted butter
- 1 Tablespoon packed brown sugar

Cut whole pineapple cylinder into 8 slices (1/2" thick). Stir together melted butter and brown sugar. Grill pineapple slices uncovered (over medium coals) for 6-8 minutes or until heated through (turning once). Brush each side with brown sugar/butter mixture.

Including **YELLOW/ORANGE** fruits and vegetables in your low-fat diet help maintain:

- A healthy heart
- A healthy immune system
- Vision health
- A lower risk of some cancers

Pick a **better snack**[™] was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site www.idph.state.ia.us/pickabettersnack or Iowa State University Extension web site www.extension.iastate.edu/food. For more information about *5 A Day the Color Way*[™], visit www.5aday.com.