



MEDIA RELEASE

GREEN AND GOLD PINEAPPLES FOR LOCAL OLYMPIANS & PARALYMPIANS

Australian Pineapples® has rewarded local Paralympic champion, Kelly Cartwright, with a gift of the iconic fruit for their phenomenal achievements at this year's Olympic Games.

The green and gold pineapples are a gift of thanks from one Aussie icon to another, to recognise Cartwright's success in supporting the nation.

With an intense training regime and strict diet there's no doubt these athletes have a healthy intake of fruit and veg, but with two kilos of fresh pineapple they can be sure they're getting enough Vitamin C each day of the week.

As well as high levels of Vitamin C, fresh Australian Pineapples deliver a delicious taste and provides active bodies many reasons to enjoy this fruit of champions.

Studies have also shown that pineapples contain many essential vitamins and minerals that have been linked to supporting the body's natural health. A balanced diet is essential to get the body working to its full potential.

Australian Pineapples offer the following nutritional information¹ for aspiring athletes:

- Pineapples are a wonderful source of **Manganese**, which has been proven to help build and maintain strong bones and connective tissues. One cup of pineapple contains 73 percent of your total daily requirement
- Aussies are encouraged to eat a diet high in **Potassium**, with fruits such as pineapples, to maintain a healthy heart rate and blood pressure
- Just one slice of pineapple contains 30 per cent of your recommended daily **Bromelain** intake, which works to keep the digestive track healthy
- **Vitamin B6**, also found in pineapples, is an essential vitamin that assists with the production of nerve cells, amino acids and neurotransmitters including serotonin and adrenalin to help support the body's natural coping mechanisms

This Aussie icon's green and gold skin can be spotted on shelves all year round - making this national Aussie icon, the fruit of champions 365 days a year!

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#ENDS

Recipes and Photos are available on request.

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ⁱ - Australian Institute of Health and Welfare 2012 - Australia's health 2012. Australia's health series no. 13. Cat. no. AUS. Canberra: AIHW

- Mahan LK, Escott-Stump S, Raymond J. L. Krause's Food and the Nutrition Care Process 13th edition. Elsevier Saunders 2012