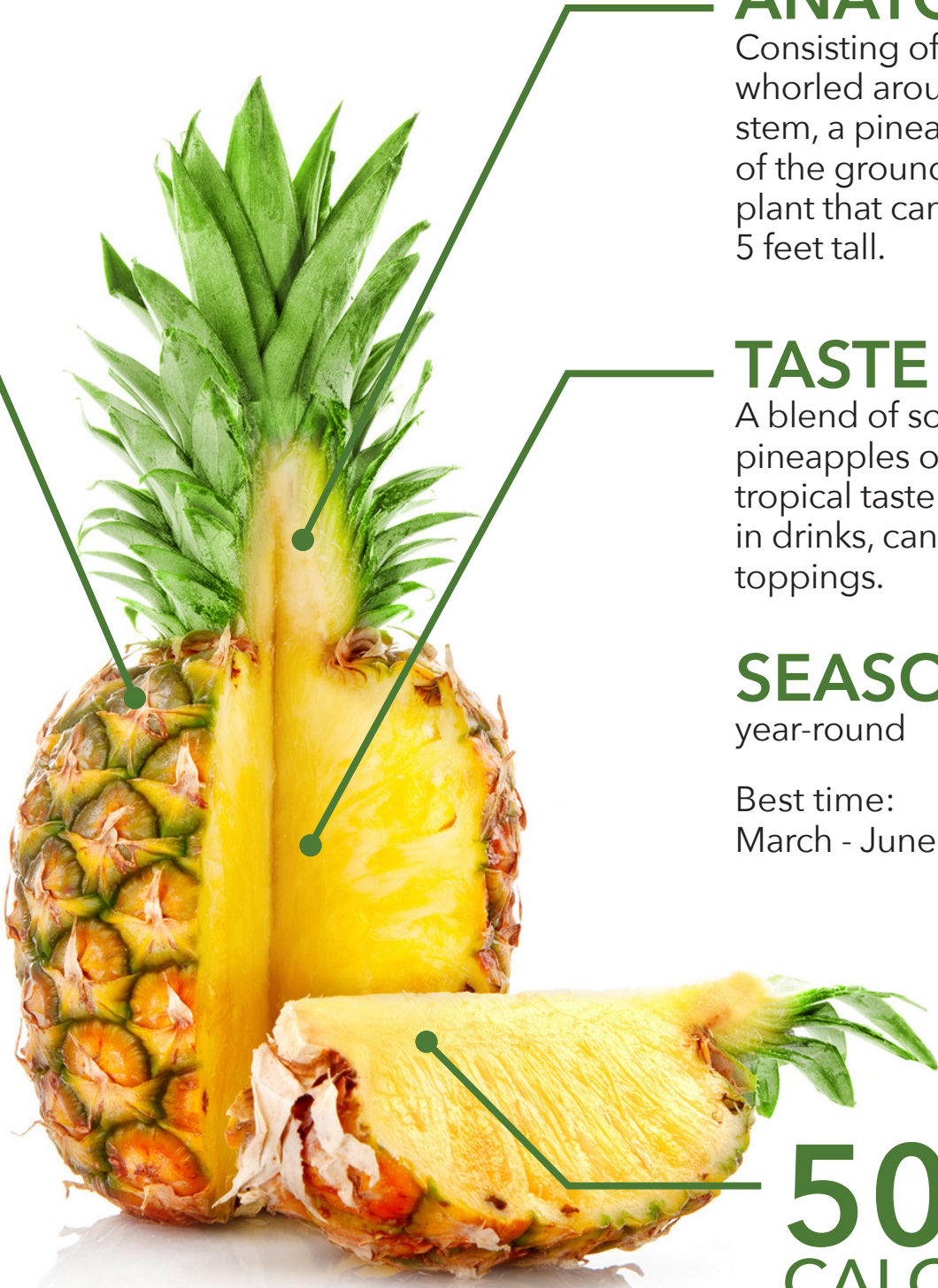


PINEAPPLE

Ananas comosus

BENEFITS

- IMPROVES
Digestion
- PREVENTS
Common cold
- PACKED
With vitamins and minerals
- STRENGTHENS
Gums and bones
- REDUCES
Excessive inflammation and blood clots
- INCREASES
Eye health



ANATOMY

Consisting of socky leaves whorled around a central stem, a pineapple grows out of the ground from a leafy plant that can stand up to 5 feet tall.

TASTE

A blend of sour and sweet, pineapples offer a distinct tropical taste that is popular in drinks, candies, jellies and toppings.

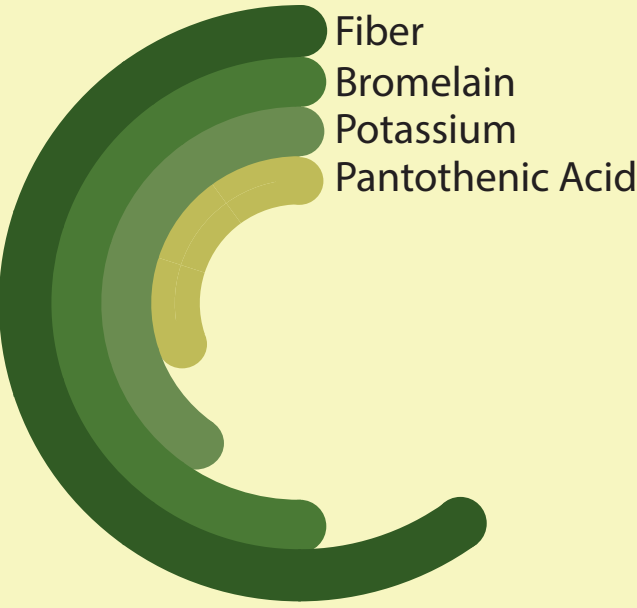
SEASON

year-round
Best time:
March - June

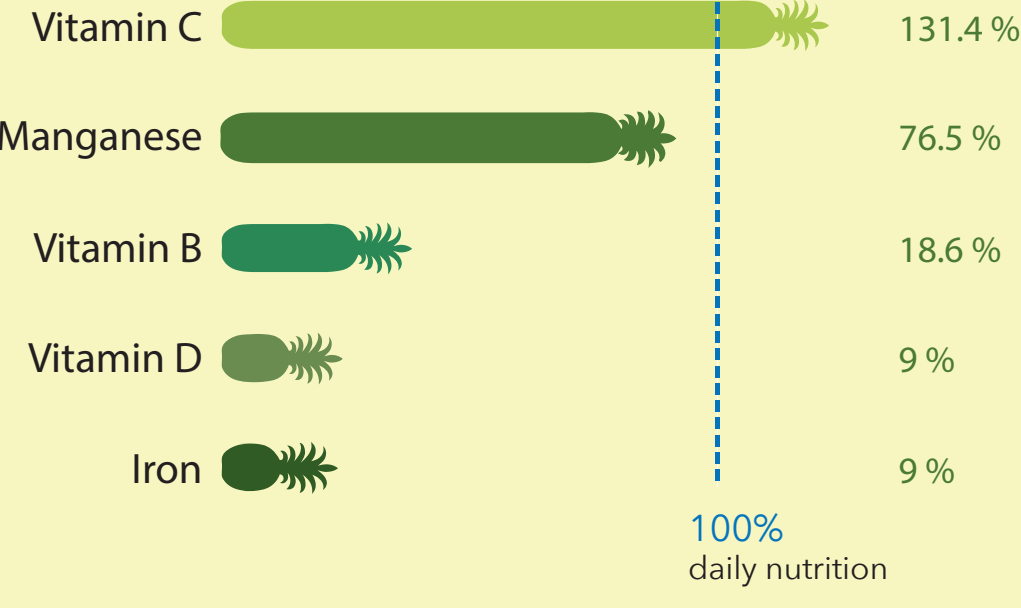
50
CALORIES
(in 100 grams)

NUTRITION FACTS

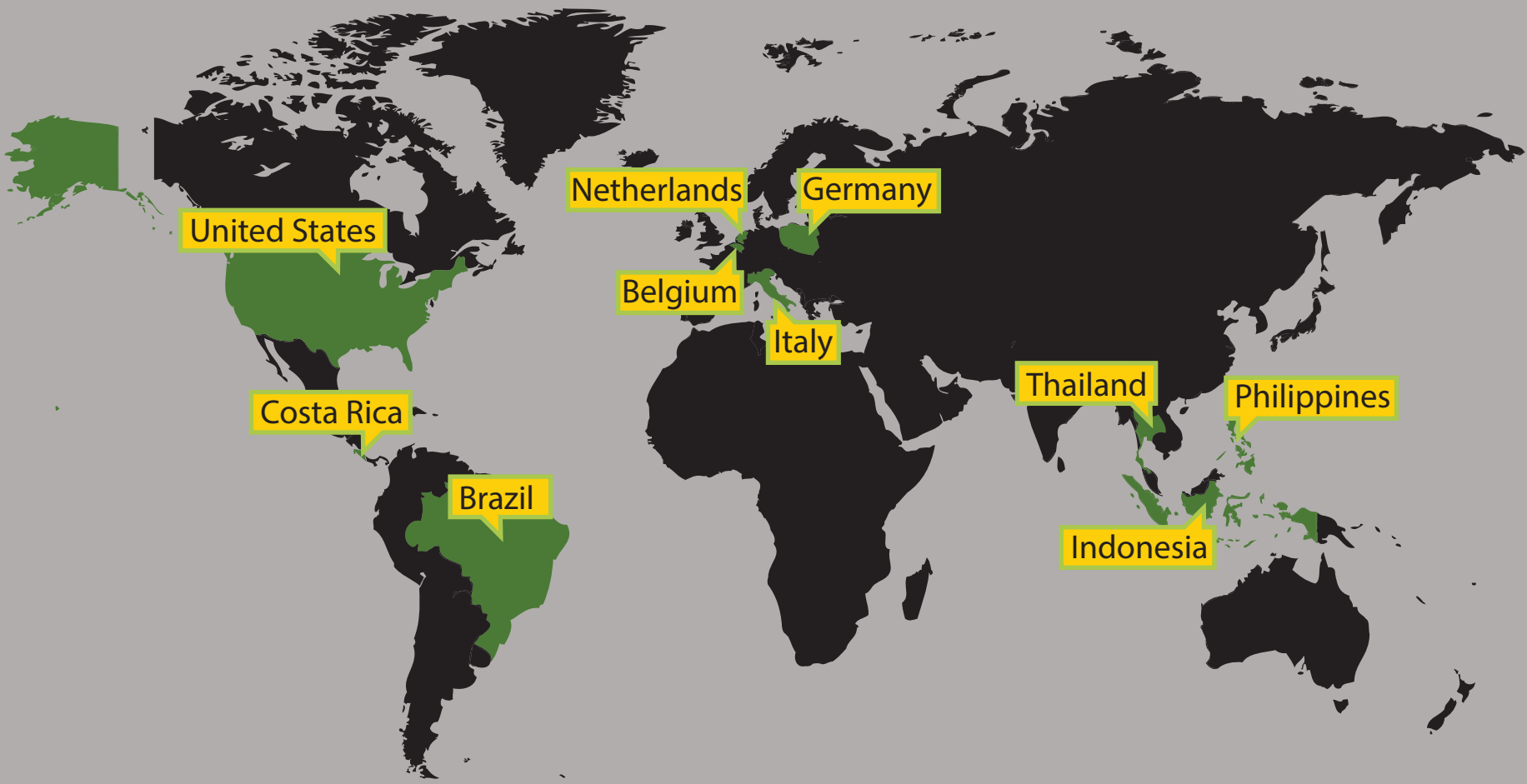
DIGESTION



VITAMINS & MINERALS

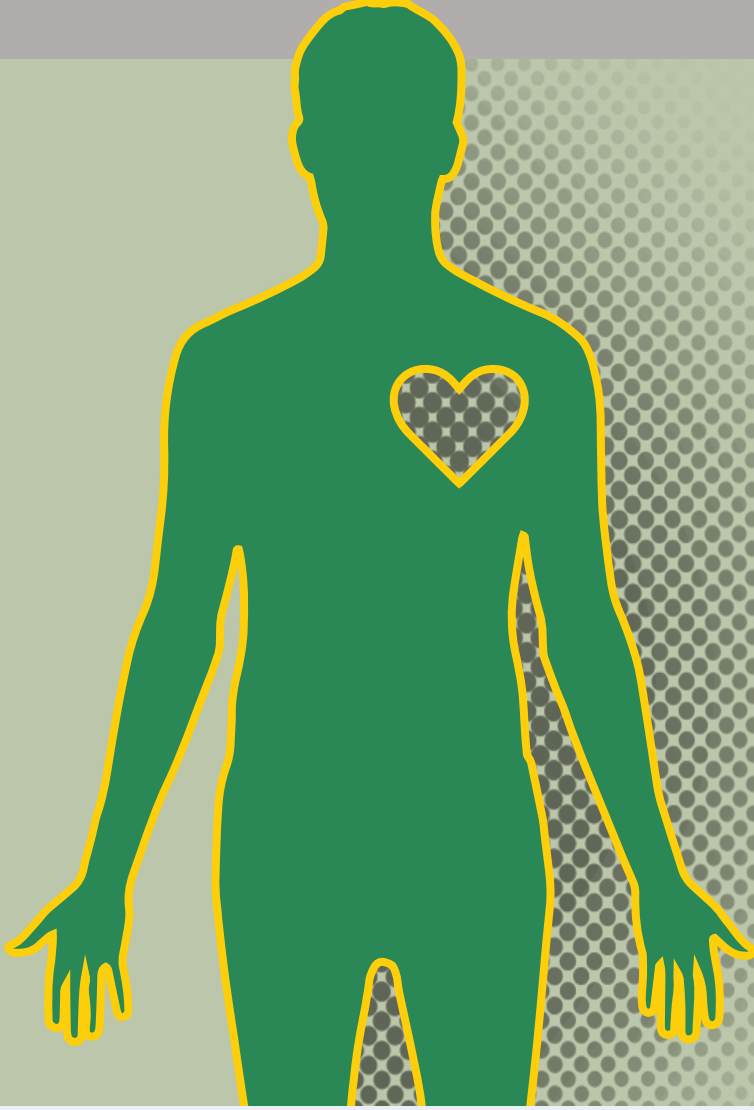


GLOBAL MARKET & GROWTH



HEALTH FACTS

- Rich in potassium, eating pineapple can increase blood circulation and reduce blood pressure.
- In addition to protecting against oral cancer, pineapples have astringent properties, which strenghtens gums and skin, and prevents hair loss.
- Pineapple is very rich in bromelain, which is a powerful enzyme that reduces phlegm and mucus build up in the respiratory tract and nasal cavities.



PINEAPPLE SPRITZER RECIPE



- 3 cups of pineapple juice
- 2 cups of coconut water
- 1/2 cups of fresh lime juice
- 2 cups of club soda

FUN FACTS 🍍

- 🕒 It takes almost 3 years for a single pineapple to reach maturation.
- 🌿 Once harvested, pineapples don't continue to ripen.
- 👁️ Pineapple juice is also great for tenderizing meat.
- 🌿 Pineapples were named for their resemblance to pine cones.

ETHAN JANNOTT
Sl320 FINAL PROJECT

SOURCES:
[HTTPS://GOO.GL/dsRB7w](https://goo.gl/dsRB7w)
[HTTPS://GOO.GL/ZdNZD5](https://goo.gl/ZdNZD5)
[HTTPS://GOO.GL/Dd3JBQ](https://goo.gl/Dd3JBQ)
[HTTPS://GOO.GL/DBHCTS](https://goo.gl/DBHCTS)

TYPOGRAPHY SPECIMEN

Avenir Next

HEADER1 (86 PT)

HEADER 2 (40 PT)

HEADER 3 (ITALICS 30PT)

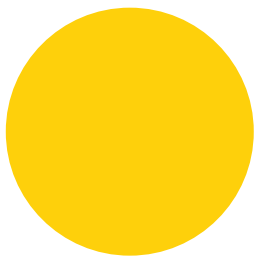
HEADER 4 (28PT)

Body Text (19 pt)

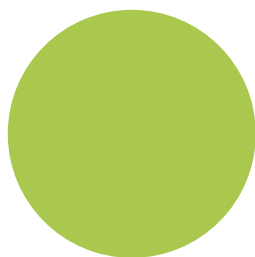
captions (15pt)

COLOR SCHEME:

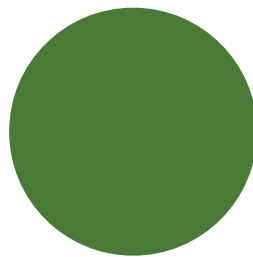
Analogous



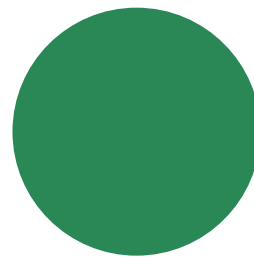
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M: 17
Y: 99
K: 0



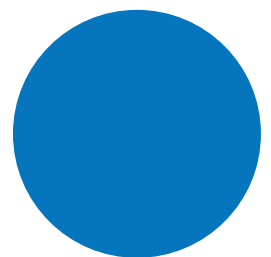
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M: 5
Y: 88
K: 0



C: 70
M: 26
Y: 99
K: 23



C: 80
M: 25
Y: 81
K: 9



C: 87
M: 49
Y: 0
K: 0