
PINEAPPLE
Pineapple is a tropical fruit known for its sweet, juicy taste and refreshing flavor. It is rich in Vitamin C, antioxidants, and an enzyme called bromelain, which helps improve digestion and reduce inflammation. Pineapple contains around 50 calories per 100 grams, making it a healthy and low-fat fruit choice. It is widely used in juices, desserts, smoothies, ice candies, and fruit salads because of its vibrant yellow color and tropical freshness. The fruit is also popular in branding and packaging designs due to its energetic, colorful, and refreshing appearance.