

Why does eating pineapple hurt the tongue? Who should not eat pineapple?

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Pineapple is a fruit that is loved by many people because it is not only delicious but also contains many nutrients that are beneficial to health. However, when eating pineapple, some people often have a burning tongue, making them worry about whether there is a problem with pineapple or health? So, why does pineapple have a burning tongue and how to fix it? Please read the article below to get the answer.



Why does eating pineapple hurt the tongue?

The cause of our tongue burning when eating pineapple is because the inside of pineapple contains bromelain. This is a mixture of digestive enzymes, which has many benefits in anti-inflammatory treatment.

This enzyme is abundant in the skin and core of pineapple. When we eat pineapple, especially the core, this substance comes into contact with the sensitive skin on the tongue and around the mouth, causing the proteins to break down and cause a burning sensation.

However, this feeling will quickly disappear and cause no significant harm to the body.

Is pineapple core edible?

It is the core of pineapple that is the cause of our tongue burning when eating pineapple. However, we should not remove the pineapple core when eating because the bromeliain contained in it has many uses such as:

1. Supports the treatment of digestive disorders of the stomach and intestines.
2. Break down protein, helping the body to better absorb the protein in food.
3. Increases the effectiveness of some drugs such as antibiotics, sedatives, anticonvulsants.
4. Helps to strengthen the body's immune system.

The content of bromelain in pineapple core is 20 times more than pineapple meat, so don't remove pineapple core when eating.

How to eat pineapple to avoid burning tongue

Before eating, cut pineapple into small pieces and soak in light salted water for about 10 minutes.

Salt water not only helps inhibit proteolytic enzymes to help prevent tongue burning when eating pineapple, but also helps reduce the lining of the mouth and tongue, making pineapple more fragrant and sweet.



Who shouldn't eat pineapple?

Pineapple is very good for health, but in some cases, you should not eat pineapple to avoid the risk of recurrence and more severe disease, including:

People with a history of nasopharyngitis, laryngitis, bronchial asthma.

Patients who bleed or are at risk of bleeding (large wounds, nosebleeds, dengue fever, women with haemorrhage, etc.).

People with stomach problems because pineapple has a lot of organic acids and has some enzymes that have the effect of breaking down protein, increasing inflammation, not good for people with stomach pain.

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