

Why should pineapples be soaked in salt water before eating?

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Pineapple is a popular fruit loved by many people. Many people often have the habit of soaking pineapple after adding it to salt water for a while before eating. So, what is the effect of soaking pineapple in salt water and how long should it be soaked? We invite you to find out in the article below.



Pineapple contains many glycosides, bromelain and organic acids. In particular, organic glycosides can irritate the skin and oral mucosa, which can cause mouth itching after eating. Bromelain is a sensitizer that can cause burning, swelling and pain when it comes in contact with delicate parts such as the lining of the mouth and gums.

Salt can destroy the allergenic structure of bromelain in pineapple, making it less allergenic.

How long to soak pineapple in salt water?



If soaked for too short a time, salt will not be able to destroy the allergenic structure of bromelain. If soaked for too long, the sugar in the pineapple will dissolve in the water, promoting the growth of bacteria, losing the nutrition of the pineapple.

So, the best time to soak pineapple in brine is about 30 minutes.

People who should not eat pineapple

Pineapple is a nutritious fruit that has many health benefits, but there are people who should not eat pineapple.

People with allergies after eating pineapple may experience abdominal pain, nausea and vomiting, itchy skin, congestion .

Eating pineapple can make the condition of eczema patients worse.

For patients with low blood pressure, pineapple is rich in potassium. Eating pineapple regularly can enhance the breakdown of fibrinase in the body, promote blood circulation, dilute blood lipids and lower blood pressure. So if you have

People with low blood pressure should not eat a lot of pineapple. Potassium-rich pineapple can enhance the breakdown of fibrinase in the body, promote blood circulation, dilute blood lipids, and lower blood pressure.

People with oral diseases, periodontitis, mouth ulcers and stomach ulcers, if they eat pineapple, will make the condition worse.

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