The mother of a local farm says “Our pineapples are super sweet because of the mineral rich sea breeze and lots of sunshine.” She lets us taste lots of her pineapples with a tanned confident smile.

VARIOUS FRUITS

The bright colorful fruits also nurture the island of longevity

There are lots of colorful and delicious fruits in Okinawa, unique to the subtropics. One of them is acerola, the amount of vitamin C content is the top among all fruits. 1700mg of vitamin C per 100g. This amount is 17 times more than lemon which is in third place. Vitamin C is called a beauty vitamin because it has a great antioxidation effect, restrains melanin and assists in the production of collagen.

The second place is guava, 220mg of vitamin C is contained per 100g of fruit.

The quercetin that is contained in the guava leaf restrains absorption of sugar and is noticed for its effect in controlling blood sugar levels after meals.