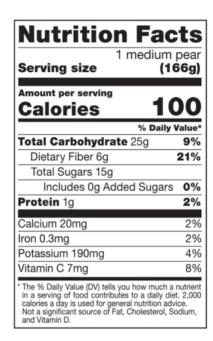
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# PEAR NUTRITION





Pears are among the most popular fruits in the world, and it's no wonder why! They are an excellent source of fiber and have vitamin C for only 100 calories per serving. And, they're sodium free, fat free, and cholesterol free. That's a lot of nutrition in one sweet and juicy package! Eating a variety of fruits and vegetables is the foundation for a healthy lifestyle, and pears are a delicious part of this menu. But what makes pears so healthy? Let's take a closer look, starting with the

**USDA's Dietary Guidelines for Americans!** 

# **Healthy Choice Posts**

### **Weekly Meal Planning**

Pears are a perfect pick for any course of any day of the week!

### **Nutrient-Dense**

A medium sized pear (about 166 grams) is a nutrient-dense food that contains only 100 calories, and is fat free.

#### <u>Fiber</u>

Pears are an excellent source of fiber!

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### <u>Dietary Guidelines for</u> <u>Americans</u>

The 2015 Dietary Guidelines for Americans (DGA), has established fruit, especially whole fruit, as a key component of a healthy eating pattern.

# Vitamin C, Phytonutrients, and Antioxidants, oh my!

Pears naturally contain
phytonutrients and other
antioxidants, a variety of which are
found in the vibrantly colored skins
of the different pear varieties.

# **Pears and Diabetes**

Learn why pears are a sweet you can eat.

# **Sodium Free**

Pears are sodium-free and each medium-sized pear offers about 190 mg of potassium, which is 5% of the Daily Value.

### Fat Free

Pears are fat-free and cholesterol-free.

# From the Orchard

The story of the delectable pear begins in the soil.