

PEAR NUTRITION

Nutrition Facts	
Serving size	1 medium pear (166g)
Amount per serving	
Calories	100
% Daily Value*	
Total Carbohydrate	25g 9%
Dietary Fiber	6g 21%
Total Sugars	15g
Includes 0g Added Sugars	0%
Protein	1g 2%
Calcium	20mg 2%
Iron	0.3mg 2%
Potassium	190mg 4%
Vitamin C	7mg 8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. Not a significant source of Fat, Cholesterol, Sodium, and Vitamin D.



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.](#)

[Fiber](#)

[Pears are an excellent source of fiber!](#)

[Dietary Guidelines for Americans](#)

[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.](#)