

# Nutrition Benefits of



# Pears

Fresh, sweet and juicy pears are among the most popular fruits in the world, and for good reason. Besides great taste and versatility, they offer an amazing nutrition package. One medium pear supplies half of the daily fruit needs recommended by the Dietary Guidelines for Americans – you're halfway there with just one pear!

## Pears Pack a Nutritional Punch

### Satisfy Your Hunger

Pears are an excellent source of fiber, with one medium pear providing 6 grams (21% Daily Value) of fiber to help you feel full faster and for longer.

### Support Your Immune System

Pears contain vitamin C, which is essential for normal cell growth and repair, metabolism, proper immune function and prevention of infectious disease.

### Do Your Heart Good

Pears are fat-free, cholesterol-free and sodium-free. Diets low in saturated fat and cholesterol and high in fiber – particularly soluble fiber – may reduce the risk for heart disease, a disease associated with many factors.

### Take Some Pressure Off

Potassium helps reduce the risk for high blood pressure. Each medium pear offers about 190 mg (5% Daily Value) of potassium.

### Help Cut Cancer Risk

Nutrient-dense, a medium pear contains only 100 calories, yet provides vital minerals, vitamins, fiber and water.

Low fat diets full of fiber-rich fruits, vegetables and grain products may reduce the risk of some types of cancer, a disease associated with many factors.

## Check the Neck for Ripeness

How can you tell if a pear is ripe? Apply gentle pressure to the neck, or stem end, of the pear with your thumb. If it yields to pressure, it's ripe, sweet, and juicy. Easy-peasy!



## Three Reasons to Enjoy Fresh USA Pears

### 1 Stay Pear-fectly Fit

A nationally representative analytic sample study found that adult pear consumers had a lower body weight than non-pear consumers and were 35 percent less likely to be obese.

### 2 Have a Happy Gut

Research shows the bioactive functions of pears may play a beneficial role in managing gut health, because as a pear is digested, it slows the growth of harmful bacteria while the body's beneficial probiotic bacteria remains undamaged.

### 3 Manage Diabetes

Pears may also help to slow down activity of two key enzymes involved in the digestion of dietary starch, which potentially aids the management of type 2 diabetes.

For more pear information and recipe ideas visit [USAPears.org](http://USAPears.org) or connect with us via social:



This material is for informational purposes only, and is not intended to treat any illness or condition. If you have questions or concerns about your health, seek advice from your physician.

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USDA MyPlate

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