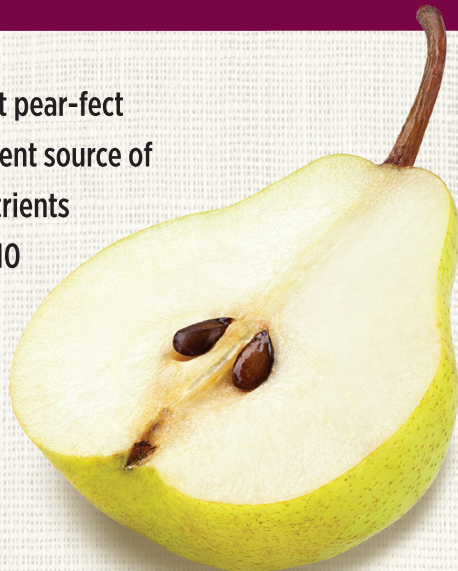


# NO NONSENSE NUTRITION

Pears really are one of nature's most pear-fect foods. In addition to being an excellent source of fiber, they offer other important nutrients like vitamin C and potassium. With 10 varieties of USA Pears, you can almost always find one in season to naturally satisfy your sweet tooth or complement savory snacks and meals.



## WHY EAT PEARS?

- FIBER:** Pears are one of the best fruit sources of fiber, with one medium-sized pear providing 21% of the recommended daily intake. Diets low in saturated fat and cholesterol and rich in fruits, vegetables, and whole grains that contain fiber, particularly soluble fiber, may reduce the risk for heart disease and some types of cancer.<sup>1</sup>
- IMMUNITY:** Pears provide vitamin C (7 mg or 8% of the daily value per medium-sized pear), which is vital for normal metabolism, tissue repair, proper immune function, and protection against infectious diseases.
- GUT HEALTH:** Pears contain prebiotic fiber, which provides food for beneficial probiotic bacteria. Fiber helps ensure bowel regularity and may even help reduce the risk of colon cancer.
- BRAIN HEALTH:** Emerging research has explored the connection between pear consumption and cognitive function. According to a study from the Rush University Memory and Aging Project, eating more flavonols – a type of flavonoid and beneficial compound found in foods like pears, kale, spinach, tea, wine and olive oil – may be associated with a lower risk of Alzheimer's disease.
- A SWEET YOU SHOULD EAT:** There is an important difference between added sugar and naturally occurring sugar found in fruit, which is balanced by vitamins, minerals, water, and fiber – all important nutrients for those looking to improve their overall health, manage their weight or manage conditions like type 2 diabetes. Pears are low glycemic index (GI) foods, which means you can enjoy the sweet taste of fiber-rich pears without a spike in blood sugar.

LEARN MORE ABOUT PEAR NUTRITION HERE: <https://usapears.org/pear-nutrition/> <https://usapears.org/research-and-findings/>

### HOW TO ENJOY THE Perfect Pear



- The best way to judge ripeness for most pear varieties is to Check the Neck™. Apply gentle pressure to the neck of the pear near the stem with your thumb. If it yields to pressure, it's ripe and ready to eat. Easy, isn't it?
- To ripen a pear at home, leave at room temperature. For extra fast ripening, store near other fruits like apples or bananas.
- Store ripened pears in the refrigerator to delay further ripening and make them last longer.
- Enjoy pears with the skin on since that's where most of the fiber and antioxidants are found.



Visit us online for more info  
and delicious recipes!  
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<sup>1</sup> U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025.