



# PERFECT PEAR - NO NONSENSE NUTRITION

Pears are one of nature's most pear-fect foods! They are packed with fiber and offers essential nutrients. With 10 varieties of USA Pears, you can almost always find one in season to satisfy your sweet tooth naturally or complement savory dishes.

## HOW TO SELECT & STORE PEARS

- 1 Check the Neck™:** Apply gentle pressure near the stem. If it yields, the pear is ripe and ready to eat.
- 2 Ripen at Home:** Leave at room temperature. For faster ripening, store near apples or bananas.
- 3 Store Properly:** Refrigerate ripe pears to delay further ripening and extend freshness.
- 4 Eat the Skin:** Most fiber and antioxidants are in the skin, so enjoy pears unpeeled!



## NUTRITIONAL BENEFITS



**Fiber Powerhouse:** Development of cancer depends on many factors, but eating pears, which are low in fat and high in dietary fiber may reduce the risk of certain types cancers.



**Naturally Sweet & Low Glycemic:** The natural sugar in pears is balanced with fiber and nutrients, making them a low-GI food that helps prevent blood sugar spikes.



**Supports Gut Health:** Low fat diets rich in fiber-containing grain products, fruits, and vegetables may reduce the risk of some types of cancer, a disease associated with many factors.



**Reinforces Immunity:** A medium pear provides 7 mg of vitamin C (8% of the Daily Value per medium pear), supporting metabolism, tissue repair, and immune function.



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