

### Fiber

# Vitamin C

### Potassium

### **Fructose**

## **Pectin**

### **Antioxidant**

## Lignin

### **Peel**

- A. The outer skin which contains much of a pear's nutrients.
- B. A simple sugar that naturally occurs in fruits.
- C. Substances found in food that protect cells from the damage caused by unstable molecules known as free radicals.
- D. An insoluble form of fiber which helps foods pass more quickly through the stomach and intestines.
- E. An antioxidant essential for normal metabolism, growth and development, and regulation of cell function.
- F. A soluble form of fiber, which slows digestion and helps your body absorb vital nutrients from foods.
- G. A substance found in fruits, vegetables, and grains. It is an important part of a healthy diet.
- H. A mineral that is used by your body to regulate fluid and minerals.

