**PEARS: NO NONSENSE NUTRITION**

Pears really are one of nature’s most pear-fect foods. In addition to being a high source of fibre, pears are a source of vitamin C and other antioxidants. With 10 varieties of USA Pears, you can almost always find one in season to naturally satisfy your sweet tooth or complement savoury snacks and meals.

- **Fibre:** Pears are one of the best fruit sources of fibre, with one medium-sized pear (140g) providing 5 grams of fibre, or 18% of the recommended daily intake.
- **Antioxidants:** Pears provide vitamin C (6 mg or 7% of the daily value per medium-sized pear), which is a dietary antioxidant that helps to reduce free radicals and lipid oxidation in body tissues. Pears also contain flavonols, an antioxidant linked to good brain health.
- **Gut Health:** Pears contain prebiotic fibre, which provides food for beneficial probiotic bacteria. Fibre helps ensure bowel regularity.
- **A Sweet You Should Eat:** There is an important difference between added sugar (as found in soft drinks and candy) and natural sugar found in fruit. When you eat whole fruit, the natural sugar is paired with important vitamins, minerals, water, and fibre – which play a role in overall health, weight maintenance and may help manage conditions such as type 2 diabetes.
- **Low GI:** Pears are low glycemic index (GI) foods, which means they won’t spike blood sugar levels.

**Learn More About Pear Nutrition Here:** [usa-pears.org/canadian-nutrition-facts](usa-pears.org/canadian-nutrition-facts)

**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 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 peel on since that’s where most of the fibre and antioxidants are found.

Visit us online for more info and delicious recipes! usa-pears.org