



# Pears

## The Health Benefits of Pears

This fall fruit comes in several varieties, including Bartlett, Bosc, D'Anjou and Asian, but they all have similar health properties.

### 1 medium pear provides:

- 100 Calories, 1 gm protein, 6 gm fiber, 0 fat, no cholesterol

### Potential benefits of consuming pears:

- 12% of your Daily Value for vitamin C: High in polyphenol antioxidants that fight aging, inflammation and disease
- High in both soluble and insoluble fibers for digestive health, blood sugar control & lowering cholesterol (Eat the Peel!)
- Excellent source of copper for nerve function and immunity. Good source of potassium for muscle contraction & heart function
- Good source of folate and niacin for energy production, vitamin A for skin health and wound healing
- Rich in *anthocyanins* and *cinnamic acid* known to fight cancer

For more information, visit our website:  
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