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- Rich in *anthocyanins* & *cinnamic acid* that fight cancer
 - Good source of folate & niacin for energy production, vitamin A for skin health and wound healing
 - Excellent source of copper for nerve function and immunity. Good source of potassium for muscle contraction & heart function
 - High in both soluble & insoluble fibers for digestive health, blood sugar control & lowering cholesterol (*Be sure to eat the peel!*)
 - 1 medium pear provides 12% of your Daily Value for vitamin C: High in polyphenol antioxidants that fight aging, inflammation and disease
- Potential benefits of consuming pears:**
- 100 Calories, 1 gm protein, 6 gm fiber, 0 fat, no cholesterol

Health Benefits of Pears

1 medium pear provides:



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

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