

Pick a better snack™



Pear

Pears come in a variety of shapes, sizes and colors. Skin colors include green, golden yellow and red. The peel is good to eat and has many nutrients. Do not eat the seeds.

Pears are fruit
which grow on trees.

One of the world's oldest fruits, pears were known to both the Greeks and the Romans. Early colonists brought pears to the United States in the 1700's.

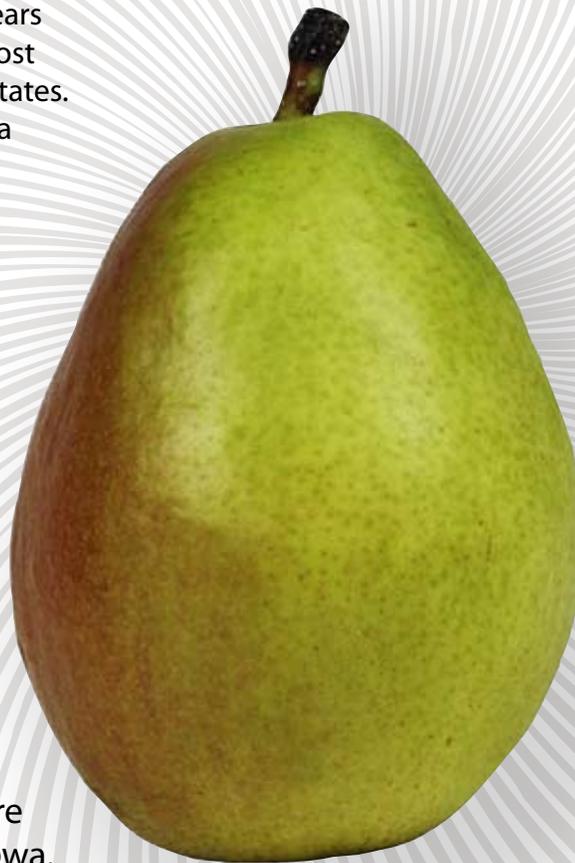
Pears are a relative of the apple. Pears rank second to the apple as the most popular fruit eaten in the United States. Washington, Oregon and California produce 97 percent of the pears in the United States.

VARIETIES

There are several varieties of pears including, Anjoe, Bartlett, Bosc, Comice, Forelly and Seckel. Among these varieties there are only small differences in flavor and texture. Pears are available most of the year.

Choose pears with no bruises or dark brown spots. Wash under clean, running water before eating.

Some pears are
grown in Iowa.



NUTRITION FACTS

- Cholesterol free
- Sodium free
- High in fiber
- High in potassium
- Good source of vitamin C
- Good source of fiber

USES

Pears can be eaten raw or cooked. They are great to eat as a quick snack. Chop and add to fruit salads. They can also be baked, broiled or grilled. Use pears where you would use apples.



Funded in part by USDA's Supplemental Nutrition Assistance Program in cooperation with the Iowa departments of Public Health and Human Services, equal opportunity providers and employers. The Iowa Food Assistance Program can help you buy nutritious food for a healthy diet. To find out more, visit www.yesfood.iowa.gov.

This material was developed by the University of Nebraska - Lincoln Extension in Lancaster County.

