

PEARS

FUN FACTS

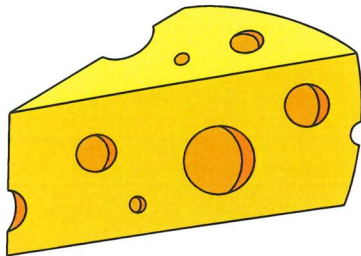
- Pears are members of the "Rose" family, along with apples, apricots, cherries, peaches and several other fruits and berries.
- Pears do NOT ripen while on the tree; they're picked mature, but unripe and then ripen at room temperature.
- They ripen from the inside out, so they can be overripe on the outside even if they seem firm.
- There are more than 3,000 different types of pears grown worldwide, each with unique flavours and shapes. Most common varieties sold in grocery store are, Anjou, Bartlett and Asian.



NUTRITIONAL BENEFITS

- Supports Gut Health: Pears are high in fiber, promoting regular digestion and healthy gut bacteria.
- Good for the Heart: Rich in potassium and antioxidants, they help lower blood pressure and reduce heart disease risk.
- Helps Manage Blood Sugar: Fiber slows sugar absorption, preventing spikes and keeping levels steady.
- Boosts Immunity: Vitamin C strengthens the immune system and helps fight off common illnesses.
- Nutrient-Rich: Pears provide Vitamin C, K, B6, and copper, supporting nerve function and overall health.
- Promotes Healthy Skin: Antioxidants and Vitamin C protect skin and support collagen production.
- Aids Weight Management: Fiber and water content help increase fullness and reduce calorie intake.

CHEESE



NUTRITIONAL BENEFITS

- Good source of calcium – supports strong bones and teeth
- Contains protein – helps with muscle maintenance and satiety
- Provides vitamin A – supports vision and immune health
- Low in carbs – suitable for low-carb and keto-style diets

