



The USA Pear buddies are fitness stars on and off the court!  
Eat fresh pears to help boost your energy for all kinds of sports and activities.

## Pear Varieties

These are the main varieties of pears grown in Oregon and Washington.



Bartlett  
(yellow and red)



Anjou  
(green and red)



Bosc  
(russet brown)



Comice  
(green with a red blush)



Forelle  
(green with red freckles)



Seckel  
(green)



For optimal nutrition, you should eat 5 to 9 servings of fruits and veggies every day.

A serving size for a pear is a medium pear, or one that is about the size of your fist.

Our “PEARamid” shows you how good nutrition combined with fun activities is a great way to get and stay healthy!

Can you identify six of the activities that our USA Pear buddies are playing on the PEARamid?

Visit us at  
[www.usapears.com/justforkids](http://www.usapears.com/justforkids)  
for pear info, more coloring sheets, games, contests and more!

<b>Nutrition Facts</b>			
Serving Size 1 medium (166g)			
Amount Per Serving			
<b>Calories 100</b>	Calories from Fat 10		
%Daily Value*			
<b>Total Fat</b> 1g	<b>2%</b>		
Saturated Fat 0g	<b>0%</b>		
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 0mg	<b>0%</b>		
<b>Total Carbohydrate</b> 25g	<b>8%</b>		
Dietary Fiber 4g	<b>16%</b>		
Sugar 17g			
<b>Protein</b> 1g			
Vitamin A 0%	Vitamin C 10%		
Calcium 2%	Iron 0%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	<b>Calories</b>	<b>2,000</b>	<b>2,500</b>
Total Fat	Less than 65g	60g	60g
Sat Fat	Less than 20g	20g	25g
Cholesterol	Less than 300mg	300mg	300mg
Sodium	Less than 2,400mg	2,400mg	2,400mg
Total Carbohydrate	300g	375g	375g
Dietary Fiber	25g	30g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4