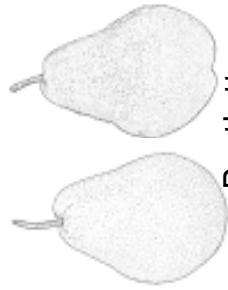


A tennis match is a PEARfect summertime activity for Perry (a green Anjou) and Anjoulina (a red Anjou).

## 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)



Forelle  
(green with red freckles)



Comice  
(green with a red blush)



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!

## Nutrition Facts

Serving Size 1 medium (166g)

Amount Per Serving

Calories 100      Calories from Fat 10

Total Fat 1g      %Daily Value\*

Saturated Fat 0g      0%

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 25g      8%

Dietary Fiber 4g      16%

Sugar 17g

Protein 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:

Calories 2,000      2,500

Total Fat Less than 65g      80g

Sat Fat Less than 20g      25g

Cholesterol Less than 300mg      300mg

Sodium Less than 2,400mg      2,400mg

Total Carbohydrate 300g      375g

Dietary Fiber 25g      30g

Calories per gram:

Fat 9      Carbohydrate 4      Protein 4