



Pears have lots of Potassium and Vitamin C to help keep your body moving at peak performance!

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
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		
%Daily Value*			
Total Fat 1g	2%		
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	65g	80g
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	
Dietary Fiber	25g	30g	
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4