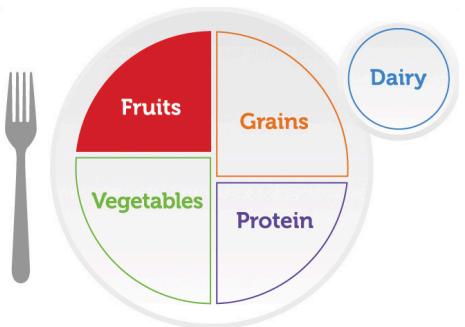




Pear



MyPlate.gov

FOCUS ON WHOLE FRUITS

Make half your plate fruits and veggies!

Pears count as a fruit. Try pears and other colorful fruits to stay healthy!



Scan QR code to find more NE Team Nutrition resources.



This resource was created based on similar MyPlate Food Fact Cards developed by the USDA, which can be accessed at https://www.myplate.gov/resources/print-materials?f%5B0%5D=resource_type%3A1177.

This project was funded using U.S. Department of Agriculture grant funds.

This institution is an equal opportunity provider.



WHAT IS IT?

Pears are sweet, juicy fruits. They come in many colors, flavors, and textures. Enjoy them fresh most of the year or canned all year long.

FUN FACTS & TIPS

The U.S. is one of the top five pear-producing countries in the world.



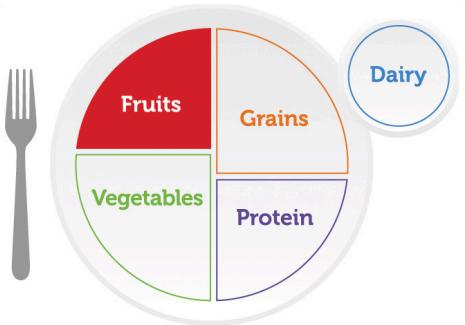
About 95% of pears in the U.S. are grown in California, Oregon, and Washington.



Add sliced pears to a salad, enjoy them as a snack, or bake them for dessert.



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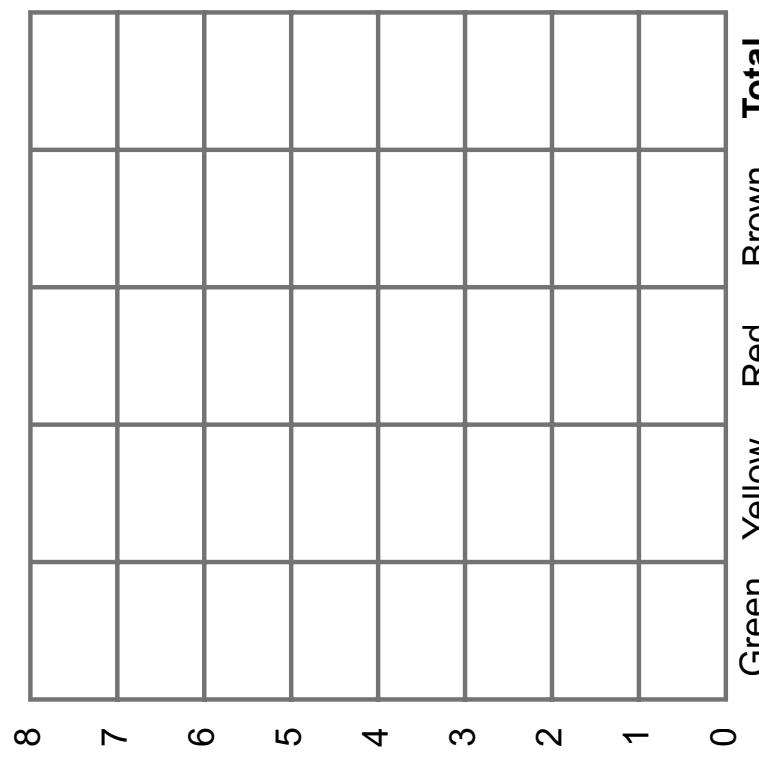
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PEAR GRAPH IT

Pretend you are shopping a market.
Count the pears you see below,
then make a bar graph to show the totals.



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