Brought to you by the HEAL subcommittee of the Coos Community Health Improvement Plan and other partners.

#### www.advancedhealth.com/healthy-bytes-initiative

- Rich in anthocyanins & cinnamic acid that fight cancer
  - vitamin A for skin health and wound healing Good source of folate & niacin for energy production,
- of potassium for muscle contraction & heart function
- Excellent source of copper for nerve function and immunity. Good source
  - control & lowering cholesterol (Be sure to eat the peel) High in both soluble & insoluble fibers for digestive health, blood sugar
    - polyphenol antioxidants that fight aging, inflammation and disease
  - 1 medium pear provides 12% of your Daily Value for vitamin C: High in

## Potential benefits of consuming pears:

• 100 Calories, 1 gm protein, 6 gm fiber, 0 fat, no cholesterol 1 medium pear provides:

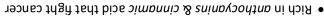
# Health Benefits of Pears

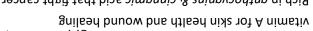
properfies. Asian, but they all have similar health including Bartlett, Bosc, D'Anjou and This fall fruit comes in several varieties,

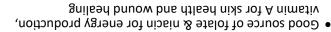


Brought to you by the HEAL subcommittee of the Coos Community Health Improvement Plan and other partners.

#### www.advancedhealth.com/healthy-bytes-initiative







- of potassium for muscle contraction & heart function
- Excellent source of copper for nerve function and immunity. Good source
  - control & lowering cholesterol (Be sure to eat the peel) High in both soluble & insoluble fibers for digestive health, blood sugar
  - polyphenol antioxidants that fight aging, inflammation and disease • 1 medium pear provides 12% of your Daily Value for vitamin C: High in
    - Potential benefits of consuming pears:
      - 100 Calories, 1 gm protein, 6 gm fiber, 0 fat, no cholesterol 1 medium pear provides:

## Health Benefits of Pears



properfies. Asian, but they all have similar health including Bartlett, Bosc, D'Anjou and This fall fruit comes in several varieties,



**Daivi** 

**Active** 

**E**ating

Healthy

# EARS

**D**nivi

ovito∧.

**Eating** 

Healthy

This fall fruit comes in several varieties, including Bartlett, Bosc, D'Anjou and Asian, but they all have similar health properties.



No / Healthy

Active

### **Health Benefits of Pears**

#### 1 medium pear provides:

100 Calories, 1 gm protein, 6 gm fiber, 0 fat, no cholesterol

#### Potential benefits of consuming pears:

- 1 medium pear provides 12% of your Daily Value for vitamin C: High in polyphenol antioxidants that fight aging, inflammation and disease
- High in both soluble & insoluble fibers for digestive health, blood sugar control & lowering cholesterol (Be sure to eat the peel)
- Excellent source of copper for nerve function and immunity. Good source of potassium for muscle contraction & heart function
- Good source of folate & niacin for energy production, vitamin A for skin health and wound healing
- Rich in anthocyanins & cinnamic acid that fight cancer



Brought to you by the HEAL subcommittee of the Coos Community Health Improvement Plan and other partners.

# EARS

This fall fruit comes in several varieties, including Bartlett, Bosc, D'Anjou and Asian, but they all have similar health properties.



🖊 🦱 🦙 Healthy

# **Health Benefits of Pears**

#### 1 medium pear provides:

100 Calories, 1 gm protein, 6 gm fiber, 0 fat, no cholesterol

#### Potential benefits of consuming pears:

- 1 medium pear provides 12% of your Daily Value for vitamin C: High in polyphenol antioxidants that fight aging, inflammation and disease
- High in both soluble & insoluble fibers for digestive health, blood sugar control & lowering cholesterol (Be sure to eat the peel)
- Excellent source of copper for nerve function and immunity. Good source of potassium for muscle contraction & heart function
- Good source of folate & niacin for energy production, vitamin A for skin health and wound healing
- Rich in anthocyanins & cinnamic acid that fight cancer

#### www.advancedhealth.com/healthy-bytes-initiative

Brought to you by the HEAL subcommittee of the Coos Community Health Improvement Plan and other partners.