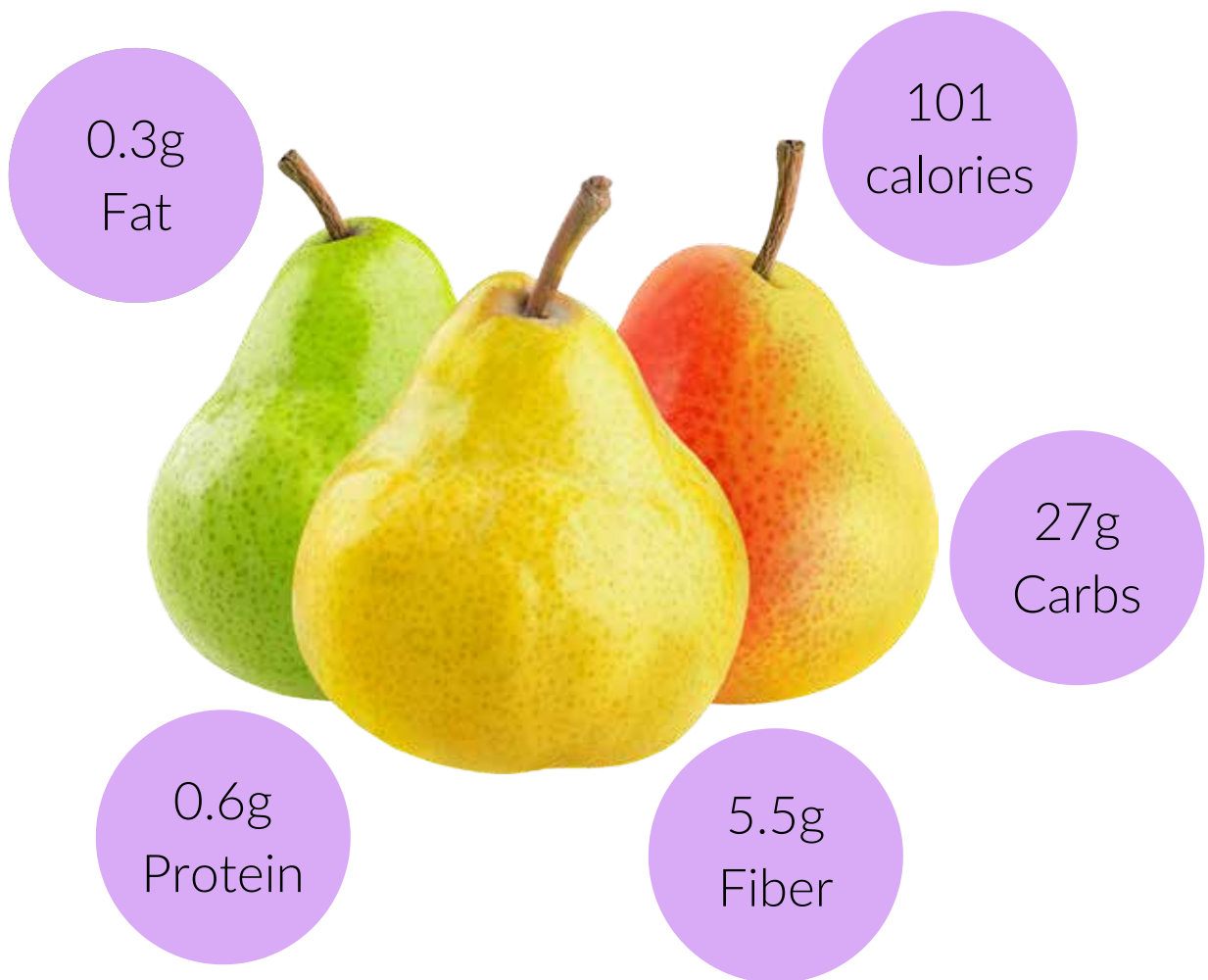


# Pear Nutrition Facts



One medium-sized pear (178g) contains 101 calories, 27g of carbohydrates, 5.5g of fiber, 0.6g of protein, and 0.3g of fat. Pears are an excellent source of fiber, vitamin K, and potassium.

- Calories: 101
- Fat: 0.3g
- Carbohydrate: 27g
- Protein: 0.6g
- Fiber: 5.5g
- Sugars: 17g

# Pear Health Benefits

## Helps Repair Cells

Pears contain vitamin C, which is important for cell growth and repair, prevents oxidative damage, supports immune function, aids in the healing of cuts and bruises, and protects against infectious diseases.



## Lowers Risk of Chronic Disease

Pears are high in fiber, which can improve digestive health and reduce the risk of developing coronary heart disease, stroke, hypertension, diabetes, and some gastrointestinal diseases.



## May Lower Risk of Diabetes

Pears contain phytonutrients that may help improve insulin sensitivity and reduce the risk for type 2 diabetes.



## May Promote Gut Health

Pears are an excellent source of soluble and insoluble fiber, which are essential for digestive health. Pears are also rich in pectin, which is associated with improved gut health and immune functions.

