

Produce of the Month

RED PEARS

fun facts:

- There are over 3000 varieties of pears worldwide.
- The majority of pears sold in the United States are grown on the west coast, mainly Oregon and Washington.
- The United States is one of the largest producers of pears in the world.
- A medium pear has about 100 calories.
- Every United States pears are picked by hand.
- Pears used to be called “butter fruit” for its soft, butter-like texture.
- Pears are a part of the rose family.



A
better
tomorrow
starts
today

Nutrition Facts

Serving Size 1 cup strawberry halves
(152g)
Servings Per Container 1

Amount Per Serving

Calories 50 Calories from Fat 5

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 12g 4%

Dietary Fiber 3g 12%

Sugars 7g

Protein 1g

Vitamin A 0% • Vitamin C 150%

Calcium 2% • Iron 4%

*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

Saturated 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