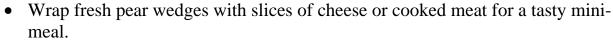


Pick a better snack – **Pears:** Wash. Eat. How easy is that?



Quick nibbles:

- Take a whole or sliced pear with you wherever you are going for a sweet treat. You can prevent pear slices from darkening when exposed to air by dipping them in lemon juice.
- Make a quick snack or dessert by slicing pears into low-fat vanilla yogurt.



- For an easy salad, toss pear chunks with fresh spinach, chopped nuts and a low-fat salad dressing, such as blue cheese or light vinaigrette.
- Blend pear chunks, orange juice and crushed ice into a smooth fruit drink.

Buying tips:

Choose firm pears without cuts or bruises. Pears are ripe when they yield to gentle pressure at the stem end. A pear's skin color is not a good indicator of ripeness because the color of some pears does not change as the pear ripens. *Storing tips*: Pears are one of the few fruits that ripen best off the tree. Place fresh pears that are too hard in a brown paper bag and store them at room temperature for two or three days. Store ripe pears in a plastic bag in the refrigerator crisper drawer, away from vegetables.

Did you know? Pears provide a variety of essential nutrients, yet contain no cholesterol or sodium, are virtually fat-free and are a good source of fiber.

Pears: Wash. Eat. (How easy is that?)





For more information about healthy eating, contact your local extension office. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, contact your local SRS Service Center or call 1-800-221-5689.

Pick a **better** snack campaign developed by the Iowa Nutrition Network and Iowa Team Nutrition. Contents of this publication may be freely reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Department of Human Nutrition, Kansas State University. August 2006. **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, Kansas.** Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts, and the U.S. Department of Agriculture cooperating.

