

# RED PEARS

## Fun Facts

- Red Pears have a soft and juicy flesh
- They are a good source of carbohydrates
- One medium red pear has about 100 calories
- Red Pears can help with type 2 diabetes
- They can also help decrease the risk of cancer
- Pears are one of the easiest fruits to digest
- They have many health benefits & are a great snack!

What color are these?

