

# Pear Nutrition Facts



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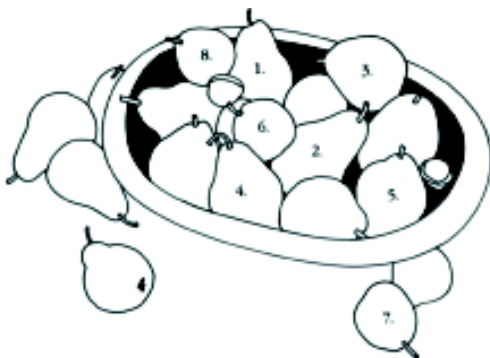
**PEAR BUREAU NORTHWEST**  
4382 SE International Way  
Milwaukie, OR 97222-4635  
<http://www.usapears.com>

- Carbohydrates make up 98% of the energy provided by a pear. Carbohydrates are helpful in weight reduction diets, since they contain half as many calories as fat.
- Pears provide a natural quick source of energy, due largely to high amounts of two monosaccharides: fructose and glucose.
- A pear is a nutrient dense food, providing more nutrients per calorie, than calories per nutrient.
- A pear provides 30% more potassium than an apple. Potassium is necessary

for maintaining heartbeat, muscle contraction, nerve transmission, and carbohydrate and protein metabolism.

- One medium pear provides 11% of the RDA for ascorbic acid (vitamin C).
- A pear, with skin, weighing 166 grams, provides 2.32 grams of crude fiber, and 4.5 grams of dietary fiber, of which 41% is pectin.

Pear Nutrient Values\*  
Based on 1 medium fresh pear, 166 grams



1. Bartlett
2. Red Bartlett
3. Anjou
4. Bosc
5. Comice
6. Seckle
7. Forelle

Nutrient	Amt. in a Pear	% of **RDA
Calories	100	
Protein	.65 g	1.5%
Fat	.66 g	
Carbohydrates	25 g	
Pectin	1.8 g	
Total Dietary Fiber	4.5 g	
Crude Fiber	2.32 g	
Vitamin A	33 IU	1%
Thiamin	.03 mg	3%
Riboflavin	.07 mg	6%
Niacin	.17 mg	1%
Pantothenic Acid	12 mg	
Folacin	12.1 mcg	3%
Ascorbic Acid (Vitamin C)	7 mg	11%
Vitamin E	.83 mg	10%
Calcium	19 mg	2%
Phosphorus	18 mg	2%
Copper	.19 mg	
Iron	.41 mg	2%
Magnesium	9 mg	3%
Potassium	208 mg	

\* Handbook 8-9, U.S. Department of Agriculture, 1982 \*\* RDA for Female 23-50 yrs., 58 kg