

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

ASIAN PEAR



The Asian pear originated from Western China. They symbolize nobility and wealth. They are shaped like an apple, but crispier with a watery texture. They have brown seeds in the core. The color of the skin can range from green, yellow, to brown. These pears are high in fiber which helps us feel full longer. They contain vitamin C which is good for the immune system. They are delicious raw, but can be cooked.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER