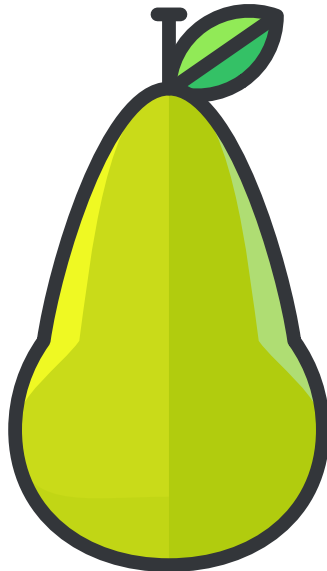


Pears

Nature's Cholesterol and Blood Sugar Helpers!

Pears are excellent sources of soluble fiber!

Roast pears make an excellent dessert!



Try Bartlett, bosc, d'anjou, or even comice pears for a tasty treat!

It's best to pick pears early and allow them to ripen off the tree.

Add diced pears to your morning oatmeal. If you have a little time, sauté them first.

By Lisa Andrews, MEd, RD, LD