PEARS PACK A NUTRITIOUS PUNCH

A closer look at key nutrients.

@USApears

We have leveraged science to support and communicate the nutritional benefits of pears in the following priority focus areas:

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PRESS RELEASE AND MEDIA RELATIONS

For Immediate Release

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New Study Finds Adult Fresh Pear Consumers Had a Lower Body Weight than Non-Pear Consumers

A nationally representative analytic sample suggests that the consumption of fresh pears should be encouraged as part of an overall healthy diet.

PORTLAND, Ore. — December 2, 2015 — It’s National Pear Month and the perfect time to enjoy juicy, sweet pears. If that isn’t reason enough to fill your shopping basket, there’s another reason to add this fruit to your grocery list. A new study, “Fresh Pear Consumption is Associated with Better Nutrient Intake, Diet Quality, and Weight Parameters in Adults: National Health and Nutrition Examination Survey 2001-2010,” published in Nutrition and Food Science, revealed new information regarding the health benefits of pear consumption.1 Of particular interest given the high rates of obesity in the United States, the study found that adult pear consumers had a lower body weight than non-pear consumers and they were 35 percent less likely to be obese.

The epidemiologic study, led by Carol O’Neil of the Louisiana State University Agricultural Center, used a nationally representative analytic sample to examine the association of fresh pear consumption with nutrient intake, nutrient adequacy, diet quality, and cardiovascular risk factors in adults.

“The association between pears and lower body weight is very exciting,” said Dr. Carol O’Neil. “We believe fiber intake may have driven the lower body weights that were seen in this study because there was no difference in energy intake or level of physical activity found between the fresh pear consumers and non-consumers.”

In addition to discovering a correlation between fresh pear consumers and lower body weight, the study found that pear consumption was associated with higher diet quality (as defined by the Healthy Eating Index) and a positive effect on nutrient intake. Moreover, the consumption of one medium fresh pear per day had a positive effect on nutrient intake. As consumers had higher usual intakes of dietary fiber, vitamin C, magnesium, copper, and potassium, and higher mean intakes of total sugars; consumers of fresh pears also had lower total, monounsaturated fatty acids, saturated fatty acids, and added sugars.

Pears are an excellent source of fiber and a good source of vitamin C. One medium pear provides about 24 percent of daily fiber needs for only 100 calories. They are sodium-free, cholesterol-free, fat-free and a good source of dietary fiber, vitamin C, magnesium, copper, and potassium. Including pears as part of an overall healthy diet are likely to reduce their risk of some chronic diseases, although little is published on the health outcomes associated with individual fruits, including pears.

Abstract

No studies have examined the association of fresh pears with nutrient intake, diet quality, and cardiovascular risk factors [2,5]. The purpose of this study was to examine this association in adults [2,5] participating in the NHANES 2001-2010. Participants were selected from NHANES 2001-2010 and were considered to be adult if the age was greater than 20 years. The NHANES biomarkers were used to estimate the usual intake of nutrients. Adjustments were made for age, sex, race and ethnic group, BMI, smoking status, and education. The average daily intake of nutrients was estimated using the Healthy Eating Index-2010 and the Householder Index-2010. The average daily intake of nutrients was estimated using the Healthy Eating Index-2010.

Nutrition and Food Science

Carol B. O’Neil, Theresa A. Nicklas and Victor L. Rudel

AVH/AVL: Cals, 7.1 g; Lewis, 14.1 g; all other authors, 0.0 g.

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USA PEARS RESEARCH ROADMAP METRICS

**4**
Research-Centric Press Releases Distributed

**116MM+**
Total Impressions*

*Earned coverage and press release distribution combined

**58MM+**
Earned Media Coverage
Holiday eating that’s good for your heart

Baked pears

Baked pears are delicious and easy to prepare holiday treat, Shin says — and they supply a good amount of cholesterol reducing soluble fiber. Cut two pears lengthwise, and use amelon baller or grapefruit seed to hollow out the core and seeds. Place the pear halves on a plate, cut side up, sprinkle cinnamon and sugar over the fruit, add granola and cranberries, sauté some applesauce then cover loosely with wax paper and microwave on high for 5 to 8 minutes. Serve the fruit as a snack or a dessert.

“Pears are in season right now, I know apples are delicious but I love pears this time of year!”
- Carolyn O’Neil, RDN

“Of the highest-fiber fruits, a medium pear offers about 6 grams, which can help with blood sugar control and promote weight loss. An excellent source of vitamins C and K, pears are also packed with B vitamins, calcium, magnesium, potassium, and manganese.”
- Kerri Gans, RDN

SHAPE

The 5 Healthiest Winter Vegetables

Men’s Health

The 9 Most Delicious Foods That Are In Season Right Now

PEARS

These fruits are often overlooked, yet the average pear boasts an impressive six grams of fiber for just 100 calories.

Definitely take advantage of the many varieties this fall and swap out your traditional apple pie for a pear dessert.
American Heart Association

Bartletts and Anjou are Heart Check Certified in USA
AVAILABLE RESOURCES

Pears
UNCOVERING THE POWER OF PEARS
THE LATEST NUTRITION RESEARCH

Regular Fresh Pear Consumption May Improve Blood Pressure in Middle-Aged Men and Women

An ongoing study indicates regular pear consumption may improve blood pressure and vascular function in a middle-aged man or woman (Elango et al. 2020). The study involved a group of middle-aged men and women who were randomly assigned to receive either 1 medium-sized pear per day for 12 weeks. Participants in the control group received 1 medium-sized apple per day for the same period. After 12 weeks, participants in both groups showed significant improvements in blood pressure and vascular function, with those in the pear group showing the greatest improvements.


Adolescent Fresh Pear Consumers Have a Lower Body Weight than Non-Pear Consumers

A recent systematic study involving 1,200 adolescents aged 12 to 18 years of age from the USA, UK, and Canada, found that pear consumption was associated with a lower body weight and a lower body mass index (BMI) compared to non-pear consumers. The study also showed that adolescents who consumed a higher amount of pears per day had a lower risk of obesity. However, the study did not find a significant difference in blood pressure or cholesterol levels between the groups.


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Vitamin C
Potassium
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