



## Pears, Canned

MyPlate Food Group: **Fruit**



### Nutrition Information

- 1 cup of canned pears counts as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Pears are naturally low in fat, sodium, and calories. Fruit does not have cholesterol.
- Canned pears contain many vitamins and minerals that are important for your body. Pears are also a great source of fiber.
- For specific information about canned pears, please refer to the product’s Nutrition Facts Panel or ingredient list.

### Uses and Tips

- Canned pears are a great way to add fruit in your diet when fresh fruits are not available.
- Canned pears do not need to be cooked or heated, they can be eaten right away.
- Canned pears can be used to add sweetness to other foods. For example, they can be added to plain yogurt or oatmeal.
- Try adding thin slices of pears to replace jam on a peanut butter sandwich.
- Pears can be added to muffins, quick breads, and baked goods to add flavor and additional nutrients.

### Storing Foods at Home

- Store unopened canned pears in a cool, clean, and dry place.
- After opening, take any unused pears out of the can and store it in a tightly covered container in the refrigerator.

## MyPlate Facts

- Fiber from whole fruit helps keep your heart healthy and helps to reduce cholesterol.
- Fiber is important for bowel function and helps prevent constipation.
- Eating a diet full of fruits and vegetables may reduce the risk for heart disease and may also help prevent some cancers.
- Swap high-calorie foods such as chips and baked goods with a low calorie food like fruit. Making this swap often helps to maintain a healthy weight.



## USDA Foods

### Chicken and Pear Salad

*Makes 5 servings*

#### Ingredients:

2 cups canned pears, drained, diced  
¼ cup celery, chopped  
½ cup onion, chopped  
¼ cup raisins  
1 cup cooked chicken, diced (or canned chicken)  
4 tablespoons plain yogurt, low-fat  
⅛ teaspoon salt  
Dash of pepper, to taste  
1 tablespoon lemon juice

#### Directions:

1. In a large bowl, combine all ingredients. Mix well. Serve now or chill.
2. Mix well and serve immediately or chilled.

*Recipe adapted from FoodHero.org*

### Pacific Northwest Wrap

*Makes 12 servings (one tortilla per serving)*

#### Ingredients:

12 whole grain tortillas  
12 large leaves of lettuce  
12 slices ham, thinly sliced  
1 ½ cups canned pears, slices, drained  
12 slices (about ¾ pounds) cheddar cheese  
¾ cups ranch dressing, low-fat

#### Directions:

1. For each serving, lay a whole grain tortilla flat and line each one with a lettuce leaf.
2. Layer on the whole grain tortilla 1 slice of ham, ¼ cup pear slices and 1 slice of cheese, and drizzle with 1 tablespoon dressing just before serving.
3. Fold the tortilla into a wrap and serve.

*Recipe adapted from Pacific Northwest Canned Pears*