

88 WORDS, 30 SECONDS

U.S.A. PEARS: DELICIOUS AND HEALTHY

Here's food for thought. You can pair great taste with goodfor-you fiber and vitamin C in one fine fruit: the pear. One medium-sized pear provides twenty-four percent of the fiber and ten percent of the vitamin C you need daily. Plus, U-S-A pears are free of fat, sodium and cholesterol. Sliced into salads and sandwiches, baked, poached, roasted or grilled, pears can add sweet, Juicy flavor to any meal. Find tasty recipes and more information at U-S-A-pears--dot--org.