

A warm-toned photograph of pears. On the left, a woven basket is partially visible, containing several pears. In the foreground and middle ground, several more pears are scattered on a dark, textured wooden surface. The background is a soft, out-of-focus yellow-green, suggesting a natural setting. The overall lighting is warm and golden, creating a cozy and healthy atmosphere.

FUEL UP WITH
FRUIT

Pears, Please!

Full of antioxidants, this sweet little fruit packs a healthy punch, protecting cells and delivering hydration for a mere 100 calories per pear.

CHOP

Cook with your favorite hot cereal.

SLICE

Layer with cheddar slices and grill on multi-grain bread.

DICE

Mix with goat cheese and parsley. Eat with multi-grain crackers.