

## Celebrate the Healthy Way with Fruit of the Month: Pears

by Katherine Ancona, R.D.

Winter has now arrived and here at Whitsons we want to make sure that no matter what time of year it is, you are still eating your daily serving of fruit. This month we would like to highlight our fruit of the month, the pear.

The best time of year to get pears are from August to October, but they are available all year round. Pears contain many nutrients. These fruits are naturally high in Vitamin C, Vitamin K, copper, and potassium. They are also a great source of fiber, which is great for the heart and helping us stay full. Vitamin C is important especially for young children, because it helps strengthen the immune system, as well as decrease the healing time from bruises and cuts; this is essential in helping us fight off that winter cold!

This fruit is also considered to be hypoallergenic, which means that they are safe to eat for those with food allergies or sensitivities. Potassium is necessary for maintaining normal blood pressure, as well as good heart health. Another mineral found in pears is copper; this mineral can help with strong bones, as well as aid in building a healthy immune system. Not only is this fruit packed with vitamins, but it also makes a delicious and healthy snack for children.

Whitsons School Nutrition program helps introduce fruits and vegetables to students with their Nutrition Safari program, and this month pears will be highlighted as the *Fruit of the Month*. From smoothies to fruit medleys, our *Fruit of the Month* will be featured in your child's cafeteria and will be an instant favorite.

Remember, healthy eating habits may begin at home, but Whitsons School Nutrition program will help lead your child on the journey of healthy eating! To learn more about Whitsons' Nutrition Safari program, visit [www.whitsons.com/services/schoolnutrition](http://www.whitsons.com/services/schoolnutrition).

### References:

[www.medicalnewstoday.com](http://www.medicalnewstoday.com)

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

[www.authoritynutrition.com](http://www.authoritynutrition.com)



### Get to Know the Whitsons Registered Dietitians

Meet Katherine Ancona, Katherine is a Registered Dietitian for Whitsons Culinary Group and one of our newest members!

Katherine received her Master's Degree in Food, Nutrition, and Culinary Science from Clemson University in 2013. While attending Clemson University, she led a team of undergraduate students in modifying recipes to be healthier. She is most interested in wellness, pediatric, and culinary nutrition, and also serves as a volunteer for the Kids Eat Right Campaign. Katherine is a nutrition expert and available to answer your questions about nutrition. Email Katherine at [nutrition@whitsons.com](mailto:nutrition@whitsons.com).

### Ask the RD

Have a question about nutrition, just ask a Whitsons Registered Dietitian! E-mail them at [nutrition@whitsons.com](mailto:nutrition@whitsons.com).

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