**Pears: The Pear-fect Winter Snack!**



**Vitamin C:** Helps you grow, build strong muscles, bones, and teeth

**Fiber:** Keeps things moving and fills you up! Make sure to eat the skin of the pear, because that’s where you get the most fiber.

**Antioxidants:** Protects your heart!

**Vitamin K:** Helps your body heal scrapes and cuts quickly

**Copper:** Helps prevent colds and other sicknesses

**Potassium:** Helps send messages from your brain to your body! It also helps prevent disease and keeps your muscles strong.

**Hydration:** A pear is 84% water! This helps with keeping you hydrated throughout the day.