

KRYSTALI
PEAR VARIETY
Krystali
Tsakoniko-Vuterato



Pear is a sweet fruit found in the temperate zones of the world. It packs a load of benefits like it betters your skin and hair, enhances your bone strength and curtails inflammation, boosts blood circulation in your body and many more.

Pear is largely found around the temperate regions of the world and is one of the oldest fruits grown by mankind. Studies show that pear originated from China and the Middle eastern countries. India got introduced to this fruit by the Chinese merchants. In our country, pear is majorly grown in Jammu and Kashmir, Himachal Pradesh and Uttar Pradesh. India's pear season is between late summer and early winter.

Health wise pear is a fruit which is cholesterol and fat free and packs in a lot of calories. Pear is highly beneficial for diabetic and heart patients. Pear is far less known than an apple but nutrient wise it is the same as that of the later. Taste wise pear tastes sweet and has a fibrous texture to it.

Nutrition Info: 100 grams of pear contains:

- nearly 60 calories
- nearly 15 to 20 grams of carbohydrates
- nearly .5 grams of fat
- nearly .5 grams of protein and
- nearly 3 grams of fiber

Health Benefits of Pear

These sweet yet tangy fruits possess major health benefits. Let's check the benefits now:

- Better skin and hair:

Vitamin A is one of the most functional supplements that is helpful in keeping your skin, hair, and nails hearty and wonderful. Pears contain vitamin A in abundance that can help in keeping your skin and hair sound. It is likewise enhanced with supplements like zeaxanthin and lutein that partake in enriching enzymatic responses. This additionally helps in keeping the skin energetic as it lessens age spots and wrinkles. Pear is one such natural source that has this mineral in plenitude, permitting you to stay with your suggested every day consumption levels.

- Enhances bone strength and curtails inflammation:

Pear is full of minerals like copper, calcium, phosphorus, manganese, and magnesium, which directly implies to your bone health . The body requirements for these minerals might be minute, however is very much required to keep your bones strong. Osteoporosis patients are encouraged to eat pears as it is useful in treating deteriorating bone density issues. Eating pears guarantees that your bones are getting enough minerals and other flavonoids and antioxidants that are specially useful in reducing any inflammation caused by rheumatic conditions like arthritis.

- Boosts blood circulation

Anemia or any other mineral deficiency patient can greatly benefit from pear as they are high in minerals like iron and copper. Higher levels of iron helps your body in synthesizing red blood cells. Also helps in absorbing basic minerals and assimilation of iron. Adequate minerals in the system helps you attain your full potential, you can forestall muscle shortcoming, intellectual problems, weakness, and other organ related problems. With pears, you can guarantee a noteworthy level of these fundamental minerals in your eating routine.



- Faster healing and improves immunity:

Vitamin C present in pears lets your body heal faster. Any sort of wound or damage in your body both internally and externally can be easily repaired and faster healing can be achieved by including pear to your diet. Ascorbic acid present in pears helps in synthesizing the cellular structures and helps in the formation of new tissues in your body. Also the antioxidants present in pears helps in the formation of new white blood cells in the body. Which enhances the immune system of the body and keeps you away from flu viruses, mild stomach problems etc.

- Heals your heart

Studies have proven the fact that pears can benefit your heart health. Pears reduces your chances of having a stroke by keeping your blood pressure normal. Potassium in pears is a very good vasodilator that lowers the blood pressure in heart related patients. A healthy heart helps the overall body by providing the necessary blood and oxygen to other major organs in the body. If you are somebody with heart complications, please include pears in your diet and see the difference.

- Helps your gut:

The fiber content in pears is very high and fiber is very good for your gut health. Fiber helps in softening of stool and reduces constipation issues. One pear contains around 6 to 7 grams of fibre which nearly covers 20% of your regular daily fiber need. Fiber also acts as food for the healthy bacterias present in your gut. Add one or two pears in your diet and forget about the fiber needs of your body.

- Anti-Cancerous:

Various antioxidants are found in pears and antioxidants are well known for their anti cancerous properties. Some of the phytonutrients found in pears like flavonoids, cinnamic acids etc. reduces your chances of developing cancerous cells in your body. Antioxidants also help in removal of free radicals from our bodies and keep us young and energetic.

