

Roving Pantry

*Shopping and Delivery
From Our Hearts
to Your Home*



January 2021

9 Health and Nutrition Benefits of Pears

1. Highly nutritious

A medium-sized pear (178 grams) provides the following nutrients: 101 calories, 1 gram of protein, 27 grams of carbs, 6 grams of fiber, 12% DV of Vitamin C, 6% DV of Vitamin K, 4% DV of Potassium, and 16% DV of Copper. This serving provides small amounts of folate, provitamin A, and niacin. Folate and niacin are important for cellular function and energy production, while provitamin A supports skin health and wound healing. Pears a good source of important minerals like copper and potassium. Copper plays a role in immunity, cholesterol metabolism, and nerve function, whereas potassium aids muscle contractions and heart function.

2. May promote gut health

Pears are an excellent source of soluble and insoluble fiber, which are essential for digestive health. These fibers help maintain bowel regularity by softening and bulking up stool. Additionally, soluble fibers feed the healthy bacteria in your gut. As such, they're considered prebiotics, which are associated with healthy aging and improved immunity.

3. Contain beneficial plant compounds

Pears offer many beneficial plant compounds that give these fruits their different hues. For instance, anthocyanins lend a ruby-red hue to some pears. These compounds may improve heart health and strengthen blood vessels. Pears with green skin feature lutein and zeaxanthin, two compounds necessary to keep your vision sharp.

4. Have anti-inflammatory properties

Pears are a rich source of flavonoid antioxidants, which help fight inflammation and may decrease your risk of disease. What's more, pears pack several vitamins and minerals, such as copper and vitamins C and K, which also combat inflammation.

5. May offer anticancer effects

Pears contain various compounds that may exhibit anticancer properties. For example, their anthocyanin and cinnamic acid contents have been shown to fight cancer.

6. Linked to a lower risk of diabetes

One large study in over 200,000 people found that eating 5 or more weekly servings of anthocyanin-rich fruits like red pears was associated with a 23% lower risk of type 2 diabetes. What's more, the fiber in pears slows digestion, giving your body more time to break down and absorb carbs. This can also help regulate blood sugar levels, potentially helping prevent and control diabetes.

7. May boost heart health

Pears are rich in potent antioxidants, such as procyanidins and quercetin, that can boost heart health by improving blood pressure and cholesterol. Eating pears regularly may also reduce stroke risk.

8. May help you lose weight

Pears are low in calories, high in water, and packed with fiber. This combination makes them a weight-loss-friendly food, as fiber and water can help keep you full.

9. Easy to add to your diet

It's easy to add them to dishes like oatmeal, salads, and smoothies. Popular cooking methods include roasting and poaching. Pears complement chicken or pork, spices like cinnamon and nutmeg, cheeses like Gouda and brie, and ingredients like lemon and chocolate. Remember to include the skin to get the most nutrients.

Source: https://www.healthline.com/nutrition/benefits-of-pears#TOC_TITLE_HDR_4

Recipe of the Month: Cranberry and Pear Crumble

- 4 pears
 - 8 oz fresh cranberries
 - 4 tbsp water
 - 1 tbsp sugar substitute
 - 1/2 cup oats
 - 1/4 cup flour (*can use wholemeal*)
 - 2 tbsp sugar substitute (*topping*)
 - 1 tbsp butter or margarine
 - 2 tbsp ground almonds
1. Peel and cut pears into small cubes
 2. Place in an ovenproof dish
 3. Add cranberries and water
 4. Add sugar substitute and stir
 5. Mix other dried ingredients, blending the butter or marg in well
 6. Spread on top of fruit mixture
 7. Cook at 350 degrees for 30-40 minutes



Serve with a spoonful of yogurt or low fat custard.



Pantry Protocol

To speed up our service to you, **please have your grocery orders ready on your assigned day before 10am.** Our goal is to deliver quality service to all of our clients. If you ever have a problem with your order, such as receiving wrong items, being overcharged, any questions or any suggestions to improve our service, please **call us at 267-4378.** Please note: All returned checks will be charged a \$15 service charge. Please send your coupons to us with your driver. We will use them to help all of our clients save money on their orders.

If an emergency arises **AFTER** you have placed your order and you know you will not be home to receive your order, please call Dillions at 681-6830 and leave me a message the day or night **BEFORE** your scheduled delivery day. Thank you for your cooperation.

- *Ashlee Calaoagan*

Seasonal Fruits and Vegetables

Here is a list of fruits & vegetables that should be plentiful during January. May we suggest you consider these items when placing your grocery order?

Apples	Kiwi	Rhubarb	Tangelos
Avocados	Lemons	Salad (pre-bagged)	Tangerines
Beans	Lettuce	Spinach	Tomatoes
Broccoli	Limes	Squash	Turnips
Brussel Sprouts	Mushrooms	Sweet Potatoes	
Cabbage	Okra		
Carrots	Onions		
Cauliflower	Oranges		
Celery	Parsley		
Cucumbers	Parsnips		
Dried Onions	Pears		
Eggplant	Peppers		
Garlic	Pineapples		
Green Beans	Plums		
Green Onions	Potatoes		
Kale	Radishes		

