

## YA PEARS – PLU 4407



**The Ya pear** is also known as the Chinese White Pear and is native to northern China where it is widely grown. These are juicy white pears, which taste like a cross between a rose and a pineapple. ... These pears will be crisp, juicy, and slightly sweet with some tartness, especially near the core.

### **Medical Benefits:**

#### **Providing fiber**

The Office of Disease Prevention and Health Promotion have developed an Adequate Intake (AI) guideline for fiber.

They recommend that males under the age of 50 consume 30.8 to 33.6 grams (g) per day, depending on age. For females under the age of 50, the recommended intake is 25.2 to 28 g per day, depending on age.

For adults over the age of 50, the recommendation is 28 g per day for males and 22.4 g per day for females.

Increasing fruit and vegetable intake is a fairly easy way to boost fiber intake. For example, just one medium sized pear provides 6 g of fiber, which is about 24% of the daily AI for females under the age of 50.

Pears contain a soluble fiber called pectin, which nourishes gut bacteria and improves gut health.

In fact, the United States Department of Agriculture (USDA) suggest that sufficient fiber intake promotes healthy bowel function and can increase feelings of fullness after a meal. It may also lower a person's risk of heart disease and reduce their total cholesterol levels.

Enhanced fullness after meals can support weight loss, as a person will feel less of an urge to snack between meals. In fact, one 2015 study associated increased fiber intake with enhanced weight loss for people with obesity.

Also, a 2013 review of studies in humans found that dietary fiber may play a role in regulating the immune system and inflammation. It might also decrease the risk of inflammation-related conditions, such as cardiovascular disease, diabetes, cancer, and obesity.

### **Treating diverticulosis**

Diverticulitis occurs when bulging sacs in the lining of the large intestine, called diverticulosis, develop infection and inflammation.

A 2014 prospective study of 690,075 women in the United Kingdom suggested that fiber intake can reduce the risk of diverticulosis. However, the study authors clarify that different sources of fiber had different effects on diverticulosis risk.

However, an earlier study from 2012 found that fiber intake had no effect against existing diverticulosis that did not cause symptoms.

It is also not clear through which mechanism fiber reduces diverticulosis risk. More research in this area is necessary.

### **Reducing the risk of cardiovascular disease**

A 2019 study on pears suggested that people with metabolic syndrome who ate two pears per day for 12 weeks saw a modest decrease in systolic blood pressure and pulse pressure. High blood pressure is a risk factor for cardiovascular disease.

### **Encouraging detoxification**

Regular, adequate bowel movements are crucial for the daily excretion of toxins in the bile and stool.

Pears have high water content. This helps keep stools soft and flushes the digestive system of toxins.

A 2015 systematic review of the health benefits of pears suggested that their laxative effect comes from their high fiber and fructose content. Fructose is a naturally occurring sugar that occurs in most fruits.

### **Fighting free radicals**

Pears contain high levels of antioxidants, including vitamin C, vitamin K, and copper. These chemicals counter the effects of free radicals, protecting cells from the damage they can cause.

Free radicals develop when the body converts food to energy and can contribute to cancer growth.