



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-30-12)

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100226 – PEARS, CANNED, BARTLETT, EXTRA LIGHT SYRUP, HALVES

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade B or better. Bartlett canned pears; natural flavor packed in unsweetened fruit juice, unsweetened fruit juice from concentrate, extra light syrup, lightly sweetened fruit juice(s) and water, lightly sweetened fruit juices, or unsweetened pear juice.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 105 oz (13 cups) pear halves and juice. One #10 can AP yields about 62 oz (7¾ cups) drained pear halves and provides about 31.0 ¼-cup servings drained pear halves OR about 52.0 ¼-cup servings of fruit and juice. CN Crediting: ¼ cup fruit and juice (about one pear half and juice) provides ¼ cup fruit.
STORAGE	<ul style="list-style-type: none"> Store unopened canned pear halves in a cool, dry place. Never put canned goods above the stove, under the sink, in a damp storage area, or any place exposed to high or low temperature extremes. Store opened canned pear halves covered and labeled in a dated nonmetallic container under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. Use a clean and sanitized can opener. Pear halves can be used right from the can, chilled, or at room temperature.

Pears, halves, extra light syrup, fruit and juice

	1 half (76 g)	2 halves (152 g)
Calories	36	71
Protein	0.23 g	0.46 g
Carbohydrate	9.27 g	18.54 g
Dietary Fiber	1.2 g	2.4 g
Sugars	7.0 g	14.0 g
Total Fat	0.08 g	0.15 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.21 mg	0.43 mg
Calcium	5 mg	11 mg
Sodium	2 mg	3 mg
Magnesium	4 mg	8 mg
Potassium	50 mg	68 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	1.5 mg	3.0 mg
Vitamin E	0 mg	0 mg



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USES AND TIPS	<ul style="list-style-type: none"> • Serve canned pears chilled for breakfast, alone or over cereal. Also use in salads or gelatin as a dessert. • Use in recipes for main dishes, breads, or in desserts such as cobblers and crisps.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
Best If Used By Guidance	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in this nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.