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Food of the Month

April: Pear

- ◆ In recent studies measuring risk of type 2 diabetes in U.S. women, pears have earned very special recognition. Researchers now know that certain flavonoids in food can improve insulin sensitivity, and of special interest in this area have been three groups of flavonoids. All pears contain flavonoids falling within the first two groups, and red-skinned pears contain the third group as well.
- ◆ While pears are not an unusual source of conventional antioxidant or anti-inflammatory nutrients (for example, vitamin E or omega-3 fatty acids), the phytonutrient category is where this fruit excels. For example, in the Baltimore Longitudinal Study of Aging, the combination of apples & pears ranked as the second highest source of flavonols among all fruits and vegetables.
- ◆ Eating one medium pear would provide 12% of daily vitamin C needs, as well as 10% of vitamin K, 6% of potassium and smaller amounts of calcium, iron, magnesium, riboflavin, vitamin B-6 and folate.
- ◆ One medium pear provides 6 grams of fiber, about 24% of the daily need for a woman under 50.

Nutritional Information: per 178g Pear

Calories	101
Protein	1g
Carbohydrate	27g
Fat Total	0g



RECIPE:

Chargrilled Chicken, Pear & Walnut

Salad

500g chicken breast fillet, trimmed
2 red capsicum, quartered, skins removed
Olive oil
Salt & pepper
80g baby rocket leaves
3 beurre bosc pears
2/3 cup walnuts
1/4 cup vinaigrette dressing
2 tsp wholegrain mustard

Directions

Preheat BBQ grill plate. Season chicken with salt

& pepper. Heat 1 Tb olive oil, then add chicken & capsicum. Cook until chicken has cooked through and capsicum skin has blackened & blistered. Place capsicum in a bag & set aside for 15min. Set chicken aside to rest.

Peel skin off capsicum & cut into strips. Diagonally slice chicken across the grain.

Place rocket, pear slices, walnut, capsicum and chicken in a large bowl. Whisk dressing and mustard together. Pour over the salad and toss to combine.

Serves 4