



— DID YOU KNOW —

# PEACHES

## EAT MORE PEACHES

Peaches are packed with antioxidants, which help protect your body against aging and disease. When a peach is at peak freshness and ripeness, it provides the most antioxidants.

Adding more fruit to your diet, like peaches, may improve heart health by lowering risk factors such as high blood pressure and cholesterol levels.

Peaches are good sources of dietary fiber. Adding more fiber-rich foods to your diet may aid in digestion and lower the risk of gut disorders.

Due to their nutritional content, eating more peaches may protect your skin, prevent certain types of cancer, reduce allergy symptoms and support immunity; however, more research is needed in all areas.

Peaches are good sources of Vitamins A and C. These vitamins help support a healthy immune system

### NUTRITION FACTS

1 Medium Size

Per Serving	Amount Per Serving
Calories	63
Calories from Fat	4
Total Fat	0.4 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Carbohydrates	15 g
Fiber	2 g
Total Sugar	13 g
Protein	1 g



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## HOW TO SELECT, STORE & EAT

Peaches range in color from white to yellow. Their tartness is based on their color – yellow peaches are often tarter, while white ones are sweeter. Like many other fruits, the sweeter the peach smells, the riper it is. Peaches get riper after picking, however, they won't get sweeter. They are in season from May through September but at their peak in July.

Avoid peaches that are bruised, brown, green or wrinkled. Aim for a peach with a sweet smell that is yellowish-golden in color. A peach is ready to eat when there is a slight give in the flesh when pressing down. Ripe peaches can be stored at room temperature for about one week. They may be stored in the refrigerator for 3 to 5 days to avoid over-ripening.

Peaches can be eaten as is or used in a recipe. Some recipes call to remove the skin, which can be a difficult task. To make this easier, dip peaches in boiling water for 30 seconds so skin loosens, then remove with a slotted spoon and dip in cold water. Keep cut peaches from turning brown with a sprinkle of lemon or orange juice.

Peaches are a versatile fruit that can be added to warm or cold dishes and eaten raw, baked, broiled or sautéed. They make great toppings for cereal, pancakes, waffles, salads, yogurt, cottage cheese, pudding and ice cream. They can also be blended in a smoothie or even sliced and thrown on the grill.

<https://fdc.nal.usda.gov/fdc-app.html#/food-details/1102677/nutrients>  
<https://www.healthline.com/nutrition/peach-fruit-benefits>  
<https://hgic.clemson.edu/factsheet/using-storing-peaches/>  
<https://www.todaysdietitian.com/newarchives/070115p20.shtml>  
<https://defeatdiabetes.org/resources/healthful-eating/fruits/peaches/>