



Peaches

Nutrition Facts	
Serving Size 175 g	
Amount Per Serving	
Calories 68	Calories from Fat 4
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	10%
Sugars 15g	
Protein 2g	
Vitamin A 11% • Vitamin C 19%	
Calcium 1% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

One serving = 1 medium peach

Helping Your Child Eat Healthy

- Slice fresh peaches over whole grain breakfast cereals.
- Use fresh or frozen peaches to make smoothies—blend with nonfat milk, yogurt or orange juice and ice.
- Eat rinsed, whole peaches with your child as a healthy afterschool snack.
- Top low-fat ice cream or low-fat frozen yogurt with sliced peaches for dessert.
- Eat the skin! Fruit and vegetable skins contain fiber and many essential vitamins.
- Explore a new recipe with your child and try a peach cobbler or upside down peach cake!

Produce Tips

- Choose peaches that are fragrant and firm to slightly soft when pressed.
- Look for fruits with a bright yellow background (not red). This indicates ripeness and flavor.
- Ripen firm peaches in a brown paper bag at room temperature. You may store in refrigerator for up to 5 days.

One Good Reason to Eat Peaches—Vitamin C

What is Vitamin C and how does it help me?

- ✓ It is a water-soluble vitamin.
- ✓ Vitamin C is also known as ascorbic acid.
- ✓ It acts as an antioxidant which is a substance that keeps your cells healthy and may improve your immune system.
- ✓ Helps body make collagen which is a substance that helps strengthen connective tissue and keep gums healthy.
- ✓ Peaches are also a good source of Vitamin A, Vitamin E, calcium and other minerals.



Peach Recipes

Good Morning Peach Cobbler

1 15 oz. can peaches, drained & sliced
1 15 oz. can pear halves, drained & sliced

¼ tsp. almond extract
¾ C. low-fat granola
¼ tsp. cinnamon



Directions:

Combine peaches, pears and almond extract in a microwave safe bowl. Top fruit mixture with granola and microwave on high for 5 minutes. Let cool for 2 minutes. Serve **warm**.

Peach Smoothies

6 fresh peaches, pitted and sliced
6 fresh nectarines, pitted and sliced
4 ½ c. plain non-fat yogurt (or milk)

4 ½ c. 100% orange juice
3 T honey

Directions:

Blend all ingredients. Add ice and serve.

Chipotle Peach Salsa with Cilantro

1 C. sliced peaches, drained and chopped
½ C. chopped red onion
2 garlic cloves, minced
1 ½ tsp. minced ginger root

2 tsp. chipotle peppers in adobe sauce, minced
1/3 C. chopped fresh cilantro
½ lime, juiced
salt and pepper to taste

Directions:

In a bowl, mix the peaches, onion, garlic, ginger, chipotle peppers in adobe sauce, cilantro, and lime. Season with salt and pepper. Chill until serving.

Peach Upside-Down Cake

¼ C. butter, softened
½ C. packed brown sugar
1 ½ C. sliced canned peaches, drained
6 cherries, pitted and halved
1/3 C. shortening
½ C. white sugar

1 egg
1 ¼ C. cake flour
1 ½ tsp. baking powder
½ tsp. salt
½ tsp. orange zest
½ C. orange juice

Directions

Spread butter or margarine in bottom of 8 inch round baking dish. Sprinkle with brown sugar and arrange very well drained peaches and halved cherries on top. In a large bowl, cream shortening and sugar together thoroughly. Blend in unbeaten egg, and beat well. In a separate bowl, sift together flour, baking powder and salt. Add these dry ingredients to creamed mixture alternately with the juice. Stir in orange rind until evenly distributed. Bake at 350 degrees for 45 to 50 minutes or until cake is done. Allow cake to cool 5 to 10 minutes in the pan. Invert over serving plate to remove cake, and allow syrup to drain a minute.