



Peaches

Health Benefits of Peaches

This juicy and delicious fruit is packed with powerful antioxidants and other nutrients to support good health.

One medium peach (2⅔" diameter) provides:

- 59 Calories, 1.4 gm protein, 0.4 gm fat, 2.3 gm fiber, no cholesterol

Potential benefits of consuming peaches:

- Provides 13% of vitamin C, 3% of vitamin A and 2% or more Daily Value of vitamins E, K and B3 (niacin)
- Contains potassium that can lower your risk of heart disease and stroke by reducing blood pressure
- Good source of both insoluble and soluble fiber, which aids in blood sugar control, weight management & healthy microbiome
- Contains antioxidants like beta-carotene that promote eye, skin, brain, and lung health, also fights against free radicals in prevention of some cancers, cognitive disorders and heart disease
- Use fresh, canned, frozen, or dried in baked goods, smoothies, salads, drinks, or as a topping
- Store in refrigerator up to 5 days or freeze for up to 6 months

For more Healthy Bytes Initiative information, visit:
www.advancedhealth.com/healthy-bytes-initiative

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Health Benefits of Peaches



There is nothing better than a peach during summer. Peaches originate in China, where it is seen as a symbol of long life and immortality. In the US, the first peach tree was planted in Florida in the early 1500s.

A peach is a stone fruit because of the pit/stone in the middle of the fruit. Peaches are classified as either clingstone or freestone. As the names suggest, the pit either “clings” or is “freely” separated from the flesh of the fruit.

Although there are hundreds of varieties of peaches, its flesh is mainly categorized as yellow or white. The skin of the peach can be dark red, blush/pink, and yellow.

Most peaches produced are consumed fresh while some are sold canned, frozen, dried, or processed to make peach drinks, jelly, candy and other products.

WHAT MAKES PEACHES GREAT?

Nutrition

One raw medium peach (2-2/3" diameter) has 59 calories, 0.4 gm fat, 2.3 gm fiber and 1.4 gm protein, no sodium, and no cholesterol.

Vitamins

Peaches are a good source of vitamin C, which promotes healing and protects cells from free radicals associated with aging and disease. Peaches provide approximately 13% of vitamin C, 3% of vitamin A and 2% or more Daily Value of vitamins E, K and B3 (niacin).

Minerals

Peaches contain potassium which can lower your risk of heart disease and stroke by reducing blood pressure. It is also a good source of manganese and copper, and contains small amounts of magnesium, phosphorus, and iron.

Fiber

One medium peach can provide up to 9% of daily fiber requirements. Eating the skin maximizes the fiber and phytonutrient intake. Peaches provide both soluble and insoluble fiber that can help control blood sugar levels, aid in weight management and reduce constipation.

Phytonutrients (plant compounds)

An antioxidant called beta-carotene, which is converted to vitamin A in the body, gives peaches their yellow-orange color. Beta-carotene is necessary for eye, skin, brain, and lung health. It fights against free radicals which can prevent certain cancers, cognitive disorders and heart disease.

The fresher and riper the fruit, the more antioxidants. The skin of the peach also contains antioxidant compounds, including polyphenols like caffeic acid and chlorogenic acid. They have anti-carcinogenic and anti-inflammatory properties. They may also aid in digestion and weight management, as some studies have suggested.

BUYING & USING PEACHES

Peaches can be bought at farmers' markets, grocery stores and other locations. While these fruits can be found in fine quality from April through October, they are usually best during the summer season. It is recommended to purchase peaches with the USDA organic label when possible.

When shopping for peaches, use your sense of smell as a guide for selecting ripe peaches. The peach should smell sweet like how you want it to taste.

Peaches can be stored on the counter at room temperature until they are at your preferred ripeness, if they were bought unripe. When ripe enough, peaches can be stored in the refrigerator where they will last up to five days.

Peaches can also be kept frozen for later use, where they will last at least 6 months.



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Wash peaches well under running water and rub with a paper towel before consuming.

Sliced or chopped peaches can be tossed with lemon juice to prevent browning that occurs after peeling due to oxidation.

For canned peaches, choose the variety in water instead of syrup due to the high amounts of added sugars.

Peaches can be used in a variety of ways in all kinds of dishes.

- Chopped and added to fresh salads or fruit salads
- Added to smoothies, juices, ice cream, cocktails, yogurt, sorbets, popsicles and other cold drinks or frozen treats
- Fresh or canned in baked goods such as pies, cobblers, tarts, etc.
- Used to make peach jam or jelly
- Added to soups
- Added to fruit salsa, relish or different sauces
- Added to skewers for fruit kebabs
- Added as a topping or main ingredient for deserts or breakfast dishes

Peaches add a delightful flavor and many health benefits to your menu items.

Fresh Peach Vinaigrette Salad Dressing

www.thespruceeats.com

Ingredients:

- 1 large peach
- 3 Tbsp extra-virgin olive oil
- 3 Tbsp apple cider vinegar
- 1/2 tsp sea salt
- 1/4 tsp cayenne pepper, optional

Directions:

1. Gather the ingredients.
2. Peel, pit and chop the peach.
3. Combine the peach with the remaining ingredients in a blender or food processor.
4. Blend until thoroughly combined.
5. Taste and season to your liking.

Peach Salsa (with Canned Peaches)

www.feastgloriousfeast.com

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| Ingredients: | 1/4 cup red onion | 1/4 cup red bell pepper | 1 tsp garlic paste |
| | 7 oz canned peach slices in | 1 cup cherry tomatoes | Salt, to taste |
| | Juice - including some juice | 1/4 cup fresh cilantro | 1 tsp lemon juice |

Directions:

1. Use a sharp knife to cut 1/4 cup red onion into very fine dice. Add to a small mixing bowl.
2. Cut bell pepper and cherry tomatoes into similar size chunks to the peaches. Add these to the mixing bowl.
3. Cut canned peaches into small chunks – roughly the size of a pea. Add to the onion
4. Finely chop fresh cilantro including the stalks.
5. Add to the bowl along with garlic paste, salt and lemon juice.
6. Mix everything together and allow it to sit for at least 5 minutes before serving to allow the flavors to develop.
7. And serve!

REFERENCES

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Give Your Family More of the Good Stuff!



Peach Basics

*Peaches provide vitamin C, which helps
your body heal cuts and other wounds.*



Shop and Save

✿ Choose peaches that have an even, creamy gold to yellow color. Some varieties have a red blush but it may not always be a sign of ripeness.

✿ When ripe, peaches should have a slight “give” or softness. Handle peaches gently—they bruise easily. Bruised areas spoil more quickly.

✿ Fresh peaches may be at peak quality and lowest cost from June through September, depending on the variety and growing area.

✿ When shopping for canned peaches, look for “Packed in 100% juice” and “No sugar added” on the label. Canned and frozen peaches are available year-round.



Types of Peaches

Freestone — the pit falls out easily. These varieties have firm texture, low sugar content, low juiciness, and white or yellow flesh. White flesh peaches may be slightly less sweet and lower in acid than yellow flesh peaches.

Clingstone — the flesh clings to the pit. These varieties have soft texture, high sugar content and juiciness, and white or yellow flesh.

Semi-freestone — a hybrid of freestone and clingstone peaches. The flesh clings to the pit less tightly and they are relatively high in sugar content and juiciness.



Store Well Waste Less

- Keep peaches at room temperature until ripe for best flavor and texture. Ripen peaches in a loosely closed paper bag. Add an apple or banana to speed ripening. Check daily until soft, then eat or refrigerate.

- Store ripe peaches in the refrigerator in a plastic bag with holes to prevent moisture on the surface. Use within a few days.

- Wash peaches just before using by gently rubbing under running water.

- To keep them from browning, cut peaches just before serving or dip cut peaches in water with lemon juice (2 Tablespoons/quart).

- To freeze cut peaches, first treat the slices to prevent browning (see above). Then freeze them on a baking sheet. Once frozen, transfer the slices to a freezer bag or container. Use within 12 months. Thaw in the refrigerator.



Peach peels
are a good source
of fiber

Ideas for Using Peaches

Go to
FoodHero.org
for easy, tasty
peach recipes

Quick Fix

- ✿ Peaches are a tasty snack eaten whole, chopped, or sliced.
- ✿ Add cut peaches to yogurt, cold cereal, or oatmeal to add sweetness and flavor.
- ✿ Peaches can be mixed into the batter of pancakes, waffles, muffins, or bread.
- ✿ Grill fresh peach halves for a simple dessert.

Peach Sundae

Ingredients:

- 1 Tablespoon **margarine** or **butter**
- 2 cups chopped or sliced **peaches** (fresh, frozen or canned/drained)
- 3 Tablespoons packed **brown sugar**
- $\frac{1}{4}$ teaspoon ground **cinnamon**
- 3 cups (24 ounces) **low fat yogurt** (try plain, peach, vanilla or raspberry)

Directions:

1. Melt margarine or butter in a medium skillet over medium heat (300 degrees in an electric skillet).
2. Add peaches, brown sugar, and cinnamon. Stir occasionally until peaches are hot. Remove from heat.
3. Spoon yogurt into five individual bowls. Top with warm peaches.
4. Refrigerate leftovers within 2 hours.

Makes: 5 cups **Prep time:** 10 minutes

Cook time: 5 minutes

One pound of peaches
= about 3-4 medium peaches
= 2 cups sliced peaches



Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ wash fresh fruits and veggies.
- ✿ chop or slice peaches on a cutting board. Ripe peaches can be cut with a plastic knife.
- ✿ use a can opener.
- ✿ fill a blender about half full to allow room for food to spin; check that the lid is on tightly.

Peach Carrot Smoothie



Ingredients:

- 1 medium **banana** (fresh or frozen)
- 1 cup **carrots** (cooked, frozen or canned/drained)
- 1 can (15 ounces) **peaches**, undrained or $1\frac{1}{2}$ cups fresh or frozen peaches with $\frac{1}{2}$ cup water or fruit juice

Directions:

1. Combine all ingredients in a blender or food processor.
2. Blend until smooth.
3. Serve Immediately.
4. Refrigerate or freeze leftovers within 2 hours.

Makes: 3 cups **Prep time:** 5 minutes