



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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