

- 59 calories, 1.4 gm protein, 0.4 gm fat, 2.3 gm fiber, no cholesterol
- **1 medium fresh peach (2 2/3" diameter) provides:**
- Provides 13% of vitamin C, 3% of vitamin A, >2% 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 aid in blood sugar control, weight management and maintaining a healthy microbiome
- Contains antioxidants like beta-carotene that promotes eye, skin, brain and lung health; Fight against free radicals in prevention of some cancers, cognitive disorders and heart disease
- Use fresh, canned, frozen, or dried in baked goods, smoothies, salads

Health Benefits of Peaches

This juicy and delicious fruit is packed with powerful antioxidants, vitamins, minerals and fiber to support good health. And kids love them!



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