

# PEACH



## DIFFERENT USES

- Bake, broil, or sauté.
- Peaches taste great warm from the grill! Place them on kabobs with your other favorite fresh fruit or just grill as slices.
- Have a peachy morning - add to hot oatmeal, French toast bake, yogurt or scones.
- Add sliced peaches to a pitcher of iced tea.
- Enjoy a whole, fresh peach when you are on the go for convenient snack.

## Nutrition Facts

Serving Size 1 medium peach (147g)

Calories 60	% Daily Value
<b>Total Fat</b> .5g	1%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 15g	5%
Dietary Fiber 2g	8%

Protein 1g

## Health Benefits

- Gives vitamin E which can help protect cells from damage.
- A peach provides 11% of the copper your body needs to help new red blood cells.
- Contains potassium which helps maintain a healthy blood pressure.

## FUN FACT

- Georgia is known as the “Peach State.”
- Peaches are a member of the rose family.
- The peach is the state flower of Delaware and the state fruit of South Carolina.
- August is national peach month.
- In World War I, peach pits were used as filters in gas masks.
- True wild peaches are only found in China. Unlike the cultivated fruit, the wild fruit is small, sour and very fuzzy.