

Peaches

Peachy for Peaches!



Nutritional Benefit:

- One peach has only 60 calories.
- Provides beta carotene, and vitamins C and E.

How to Pick, Store, & Prepare:

- Choose peaches that are free of soft spots, bruises and mold.
- A ripe peach will smell sweet and yield slightly to pressure.
- Ripen peaches in a brown paper bag at room temperature. Once ripe, store peaches in a plastic bag in the refrigerator and use within 5 days.
- For best flavor, bring to room temperature before eating.
- Remember to wash before consuming!
- Peaches can be cooked, canned, or frozen.

How to Increase Consumption:

- Enjoy peaches over pancakes, yogurt, or in fruit crisps.
- For a quick and easy dessert during summer, cook halved peaches right on the grill.
- Mix peaches with peppers and tomatoes to create a color summer salsa.
- Blend peaches with mangos and milk/yogurt for a refreshing smoothie.



NuVal Score: 99

This publication was supported by the CDC Cooperative Agreement number U58/DP001494. Its content are solely the responsibility of the authors and do not represent the official views of the CDC.

Peach Recipe

Strawberry Peach Cups

Serves 4

Ingredients:

- 2 cups sliced fresh strawberries
- 2 cups fresh or frozen sliced peaches, thawed
- 1 small pkg. (3 oz.) Neufchatel or low-fat cream cheese
- 1 Tbsp. orange juice concentrate
- 2 Tbsp. sugar
- ¼ tsp. grated orange peel
- ½ cup fat-free whipped topping

Directions:

Divide strawberries and peaches between four small dishes. In a small bowl, beat together cream cheese, orange juice, sugar and peel; fold in whipped topping. Put a dollop of topping on each fruit cup.

Per serving: 160 calories, 5 g fat, 3 g protein, 26 g carbohydrate, 3 g fiber, 75 mg sodium



This recipe is a Foot Steps to Health Recipe and is 500 Club Approved

For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>