

Harvest of the Month



Network for a Healthy California

Botanical name: *Prunus persica*



PEACHES

**Circle all meals that
have peaches in them.**

- How many meals did you find?
- Are there other kinds of stone fruit on the menu (plums, apricots, cherries)?
- What is your favorite stone fruit?

EAT PEACHES



Nutrition Facts

Serving Size: ½ cup peaches, sliced (77g)	
Calories 30	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	5%
Sugars 7g	
Protein 1g	
Vitamin A 5%	Calcium 1%
Vitamin C 9%	Iron 1%

Eat a Peach

Peaches are full of healthy stuff — vitamin A, vitamin C, fiber, and potassium. Write down four different ways you can add peaches to your meals and snacks.

- _____
- _____
- _____
- _____

My favorite way to eat a peach is:

Fun Fact

A nectarine is a type of “fuzzless” peach with a smooth skin.

Peach Scramble

Write down as many new words as you can make from the letters in PEACHES. (Example: pea, has)

I found _____ words.

Reasons to Eat Peaches:

Eating a ½ cup of peaches will give you vitamin C. Peaches also have fiber and vitamin A. Fiber helps you feel full, helps move food through your body, and helps keep your blood sugar level normal. It is found only in plant foods like fruits, vegetables, grains, nuts, and seeds.

Fiber Champions*:

Avocados, beans, berries, broccoli, papayas, sweet potatoes, whole wheat bread, whole wheat cereal, and winter squash.

*Fiber Champions are a good or excellent source of fiber (provide at least 10% Daily Value).

How Much Do I Need?

A ½ cup of sliced peaches is about one cupped handful. This is about the size of half of a medium peach. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Add color to your plate with fruits and vegetables from each of the color groups – red, yellow/orange, green, blue/purple, and white/tan/brown. This will help you get the nutrients your body needs – so you can grow healthy and be strong.

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

**If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov/kids to learn more.



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