

# REACH FOR PEACHES

## Nutrition Facts

Serving Size: 1 medium peach (98g)  
 Calories 38 Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	6%
Sugars 8g	
Protein 1g	
Vitamin A 6%	Calcium 1%
Vitamin C 11%	Iron 1%



### Eat a Peach

Peaches are full of healthy stuff — Vitamin A, Vitamin C, Vitamin E, fiber, iron and potassium. Write down four different ways to include peaches in your meals and snacks.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

My favorite way to eat peaches is:

\_\_\_\_\_

### Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Peaches are in the yellow/orange and white/tan/brown color groups.

- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples are:
  - Peaches, nectarines\*, cantaloupe, apricots, yellow tomatoes, carrots, yellow squash, wax beans and yellow peppers.
- White/tan/brown fruits and vegetables help maintain a healthy heart and healthy cholesterol levels. Examples are:
  - White peaches, white nectarines, bananas, plantains, rutabaga, cauliflower, bamboo shoots, jicama, lotus root and tamarind.

\*Nectarines are a type of fuzzless peach with a smooth skin.

### Peach Scramble

How many new words can you make from the letters in PEACHES? \_\_\_\_\_  
 (Example: pea, has)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### How Much Do I Need?

A serving of peaches or nectarines is one medium fruit. This is about the size of a baseball. Eat a variety of colorful fruits and vegetables throughout the day to reach your total daily needs.

### Recommended Daily Amounts of Fruits and Vegetables\*

Children, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

\*If you are active, try to eat the higher number of cups for your age.

To learn more, visit [www.mypyramid.gov/kids](http://www.mypyramid.gov/kids).

