

REACH FOR PEACHES

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) _____

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	0%
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%

Source: www.nutritiondata.com

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.

Arizona Nutrition Network



This material was adapted from the California Nutrition Network for Healthy Active Families. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.