# 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 vour meals and snacks.

| 1                                  |  |  |  |  |
|------------------------------------|--|--|--|--|
| 2                                  |  |  |  |  |
| 3                                  |  |  |  |  |
| 4                                  |  |  |  |  |
| My favorite way to eat peaches is: |  |  |  |  |
|                                    |  |  |  |  |



### **Peach Scra**

(Example: pea, has)

| mble   | Source: www.nutritiondata.com |                       |
|--|-------------------------------|-----------------------|
|  | Vitamin A 6%<br>Vitamin C 11% | Calcium 1%<br>Iron 1% |
|  | Protein 1g                    |                       |
|  | Sugars 8g                     |                       |
| And the second   | Dietary Fiber 1g              | 6%                    |
| BOOK TO SEE STATE OF THE SECOND SECON | Total Carbohydrate 9g         | 3%                    |
|  | Sodium Omg                    | 0%                    |
|  | Cholesterol Omg               | 0%                    |
| A Commission of the Commission | Trans Fat Og                  |                       |
|  | Saturated Fat Og              | 0%                    |
|  | lotal Fat Ug                  | <b>U</b> %            |

**Nutrition Facts** 

Serving Size: 1 medium peach (98g)

**Calories from Fat 2** % Daily Value

Calories 38

How many new words can you make from the letters in PEACHES?

# **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.

### **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.





This material was funded by USDA's Food Stamp Program through the California Nutrition Network for Healthy, Active Families. This institution is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Health Services 2006.