

Peach

Peaches are about the size of a baseball. Their skin color is yellow or cream, sometimes blushed with red depending on the variety. The skin is slightly fuzzy. The flesh inside is usually yellow, but depending on the variety may also be white. An oval pit in the center needs to be removed before eating.

Peaches are fruit which grow on trees.

Peaches originally came from China and have been grown for thousands of years.
In the early 1600's, Spanish explorers brought the peach to the new world.

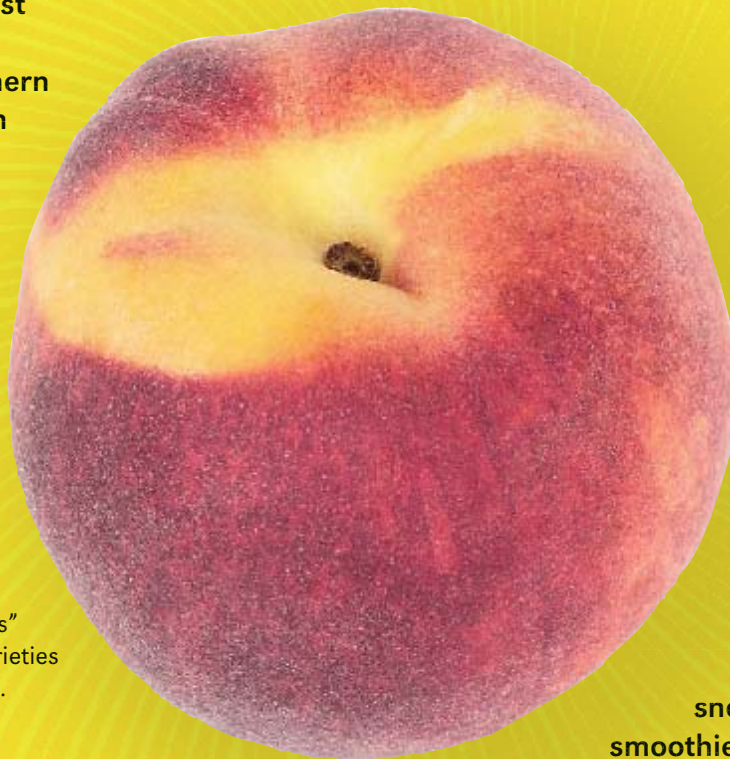
In the United States, most peaches are grown in California and the southern states. Georgia is known as the "Peach State." Peaches are available almost all year.

VARIETIES

There are two main types of varieties:

- Freestone — the flesh does not stick to the pit, so it is easy to remove the pit by hand. These varieties are usually sold fresh.
- Clingstone — the flesh "clings" or sticks to the pit. These varieties are usually used for canning.

Nectarines are a type of peach which have smooth skin without fuzz.

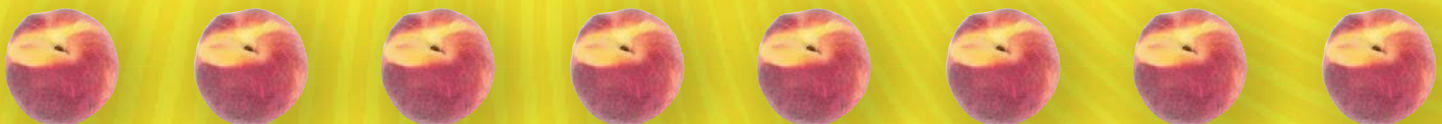


NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin A
- Good source of vitamin C

USES

You can buy peaches fresh, canned or frozen. Peaches are usually enjoyed raw. Fresh peaches are a great snack. Add peaches to cereal, smoothies and fruit salads. Peaches can also be baked or grilled.



Hawaiian Delight
Preparation time: 1 hour, 10 minutes
Number of servings: 8
Cups of fruits or vegetables per serving: 0.50



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| 1 (20 oz.) can pineapple chunks, drained | 1 c. plain non-fat yogurt or sour cream |
| 1 (17 oz.) can fruit cocktail, drained | 1 c. miniature marshmallows |
| 1 (11 oz.) can mandarin oranges, drained | ½ c. raisins |
| ½ c. shredded coconut | ¼ c. pecans |

1. In a large bowl, mix pineapple, fruit cocktail, and mandarin oranges.
2. Add coconut, yogurt or sour cream, marshmallows, raisins, and pecans. Mix well.
3. Refrigerate for at least one hour before serving.

Nutrition Information per Serving: Calories 200, Total Fat 5 g (7% DV), Saturated Fat 2 g (10% DV), Cholesterol 0 mg (0% DV), Sodium 45 mg (2% DV), Total Carbohydrate 40 g (13% DV), Dietary Fiber 3 g (12% DV), Sugars 33 g, Protein 3 g, Vitamin A 15%, Vitamin C 40%, Calcium 6%, Iron 4%.

Winter Fruit Salad
Preparation time: 20 minutes
Number of servings: 5
Cups of fruits or vegetables per serving: 1.5



- 1 (16 oz.) can pear halves, drained
- 1 (16 oz.) can sliced peaches, drained
- 1 (16 oz.) can apricot halves, drained
- 1 (20 oz.) can pineapple chunks, drained
- 1¼ c. lemon or vanilla low-fat yogurt
- 1 c. granola

1. Cut the pear halves in several pieces.
2. Cut the peaches and apricots in half once.
3. In a medium bowl, mix fruit together.
4. Pour the yogurt over the fruit and mix gently.
5. Spoon into 5 different bowls and sprinkle granola on top.

* Sprinkle cinnamon on top, if desired.

Nutrition Information per Serving: Calories 320, Total Fat 4 g (6% DV), Saturated Fat 1 g (3% DV), Cholesterol 5 mg (2% DV), Sodium 70 mg (3% DV), Total Carbohydrate 70 g (23% DV), Dietary Fiber 9 g (36% DV), Sugars 51 g, Protein 8 g, Vitamin A 40%, Vitamin C 40%, Calcium 15%, Iron 10%.