

Harvest of the Month



FAMILY RESOURCE PEACHES NUTRITION

NUTRITIONAL BENEFITS OF PEACHES

A 1/2 cup of peaches provides a source of fiber. Fiber is a complex carbohydrate found in only plant foods. It is important for lasting health benefits. It helps you feel full, keep your blood sugar level normal, avoid constipation, and to maintain a healthy weight.

Try this fun activity at home

Observe the look, feel, and smell of a ripe yellow peach, white peach, yellow nectarine and white nectarine; record observations. Cut open the yellow varieties; observe the taste and sound; record observations. Repeat with white varieties. Discuss similarities and differences among the four varieties. Record favorite variety.

In The Schools

Be sure to check out the Harvest of the Month in the school cafeteria.

Check your local school district menu for the specific date.

USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

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FAMILY RESOURCE

HERE ARE SOME EASY WAYS TO ADD PEACHES INTO YOUR DIET:

-  Combine peaches, low fat yogurt, and granola for a healthy snack.
-  Blend fresh or frozen peaches with low fat milk, 100% orange juice, and ice.
-  Eat the skin! The skin of fruits and vegetables contains fiber and many important vitamins and minerals.

Good Morning Cobbler This is a great after-school snack that kids can help prepare.

Yield: 4 servings at 1 cup each

Ingredients:

- * 2 medium peaches, sliced (or 1 15-oz can sliced peaches drained)
- * 1 15-oz can pear halves drained and sliced
- * 1/4 teaspoon almond or vanilla extract
- * 1/4 teaspoon cinnamon
- * 3/4 cup low fat granola with raisins

Directions:

- * Combine peaches, pears, extract, and cinnamon in large microwave safe bowl. Stir well.
- * Sprinkle granola over the top. Cover bowl with plastic wrap. Leave a little opening for steam to get out.
- * Microwave on high for 5 minutes. Let cool for 2 minutes.
- * Spoon into bowls and serve warm.

Nutrition information per serving: Calories 171, Carbohydrates 41 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 54 mg



PEACHES

ROUND* JUICY * DELICIOUS * PINK * FRESH * FUZZY * HEALTHY * YUMMY