Healthy Serving Ideas:

1. **Top on a hearty snack**
   
   Top peach or nectarine slices with yogurt, granola or sliced almonds.

2. **Use for a delicious smoothie**
   
   Blend a chopped peach or nectarine and low-fat milk with a few ice cubes for a creamy smoothie.

3. **Add to a fresh salad**
   
   Toss sliced peaches or nectarines and grilled chicken into a green salad for a refreshing lunch.

A great source of Fiber and Vitamin C

One peach or nectarine is a great source of fiber, which helps you feel full, keep normal blood sugar levels, and avoid constipation. It is also a source of vitamin C, which helps the body heal cuts and wounds and helps lower the risk of infection.

Shopper’s Tips

- Choose peaches and nectarines that have a sweet smell and give slightly to gentle pressure.
- Store firm peaches and nectarines in a paper bag at room temperature until ripe.
- Store ripe peaches and nectarines in the refrigerator for up to five days.

Recommended Daily Amount of Fruits and Vegetables

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<thead>
<tr>
<th></th>
<th>Kids (Ages 5-12)</th>
<th>Teens and Adults (Ages 13 and Up)</th>
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</thead>
<tbody>
<tr>
<td>Males</td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
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<tr>
<td>Females</td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
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A ½ cup of sliced peaches is about one cupped handful and about the size of half of a medium peach.