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# NUTRITION AND YOU...PEACHES

## FOOD FOR THOUGHT

The fruit inside a peach is either yellow or white. White peaches have a sweeter flavor than yellow peaches. To ripen peaches, place them in a paper bag, close loosely, and place bag on the counter for a couple of days. Peaches can be dried, canned, made into jams and jellies, and used as fillings for desserts. They can also be used in many recipes from appetizers to entrees. Best of all peaches can be eaten fresh. Yum!

## SHOP SMART

Peaches are available almost year round. Ohio peaches ripen quickly. Buy only the amount you will use in a day or two.

## EAT HEALTHY

### Peaches are:

- A good source of vitamin C
- A good source of vitamin A
- A good source of dietary fiber
- Fat free
- Cholesterol free
- Sodium free



*Note: 1 medium peach provides 1 cup of your daily fruit requirement.*

## KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food.
- Wash peaches under running water before eating or cutting them.
- Cut away damaged or bruised areas. Discard peaches that look rotten.
- Keep foods that will be eaten raw (like peaches) separate from raw meat, poultry or seafood.

Your Local Story here:

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**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND  
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES

# RECIPE

## Peach Crisp

### Ingredients:

4 peaches (4 cups sliced)  
2 Tablespoons butter  
3/4 cup quick-cooking oats 1/2 cup sugar  
1/4 cup flour  
2 teaspoons cinnamon 1 teaspoon lemon juice

### Instructions:

1. Preheat the oven to 375 degrees.
2. Slice the peaches.
3. Spread the peach slices on the bottom of the baking pan.
4. Melt the butter in a saucepan.
5. In a small bowl, mix everything but the peaches. Stir until the oat mix is well blended.
6. Sprinkle the oat mix over of the peaches.
7. Bake for 20 minutes.

## Nutrition Facts – Peach Crisp

Cost: Per Recipe: \$ 1.83      Per Serving: \$ 0.30  
Serving Size: 1/6 of recipe  
Calories: 200      Calories from Fat: 45

Per Serving	% Daily Value*
Total Fat – 5 g	8%
Saturated Fat – 1 g	5%
Dietary Fiber – 3 g	12%
Sodium – 30 mg	1%
Sugars – 26 g	
Protein – 3 g	

\*Percent daily value  
Based on a 2,000  
calorie diet. Your  
daily values may  
be higher or lower  
depending on your  
caloric needs.

*Note: Serve the peach crisp either hot or cold. To remove the peach fuzz, you can rub the washed peach gently with a paper towel.*

## FOCUS ON FITNESS

Most kids won't mind a daily dose of fitness as long as it's fun.

- Kids need physical activity – at least one hour or more on most days of the week. Activity can be divided into 15 minutes segments four times a day. Children should avoid periods of inactivity for 2 hours or more.
- Allow time for play! Kids burn more calories and have more fun when left to their own imagination. Playing tag, riding bikes and building snowmen are fun and healthy.
- Limit screen time! Limit time watching TV, going on-line and playing video games.

## REFERENCES

- The Recipe Finder. SNAP-Ed Connection [recipefinder.nal.usda.gov/](http://recipefinder.nal.usda.gov/)
- United States Department of Agriculture, ChooseMyPlate [choosemyplate.gov](http://choosemyplate.gov)
- The Wellness Encyclopedia of Food and Nutrition, The University of California at Berkeley, 1992

## REMEMBER:

Wash hands with soap and water before preparing food.



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