

## 7 HEALTH FACTS ABOUT

# Peaches

### 1 HEART HEALTH

Peaches are a moderate source of Potassium, which is an important nutrient to help control blood pressure.

### 2 IMPROVE DIGESTION

Soluble fiber found in the skin of peaches helps stabilize blood sugar and keeps cholesterol levels in check.

### 3 DECREASE INFLAMMATION

The plant-based polyphenols and prebiotics found in peaches can decrease inflammation, which can, in turn, decrease your risk of many chronic diseases, including heart disease, diabetes, cancer and Alzheimer's disease.

### 4 STRONG IMMUNE SYSTEM

The fuzzy skin and juicy flesh of peaches contain good-for-you antioxidants, including Vitamin C, Polyphenols, and Carotenoids.

### 5 HEALTHY EYES

Peaches are a moderate source of Beta Carotene, which the body turns into Vitamin A, an essential vitamin that's important for healthy vision.

### 6 SMOOTHER SKIN

When applied to the skin, extracts made from peach pits or peach flowers might reduce UV damage and help skin retain moisture.

### 7 ESSENTIAL VITAMINS

Peaches are a rich source of essential vitamins Vitamin K, important for blood clotting and bone health. Additionally, peaches provide small amounts of vitamins like B6, niacin, riboflavin, and folate, contributing to overall well-being.



*Lori Anne*  
PEACHES