REACH FOR PEACHES

Eat a Peach

Peaches are full of healthy stuff — Vitamin A, Vitamin C, Vitamin E, fiber, iron and potassium. Write down four different ways to include peaches in your meals and snacks.

1. _______________________________________
2. _______________________________________
3. _______________________________________
4. _______________________________________

My favorite way to eat peaches is:

_____________________________________

Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Peaches are in the yellow/orange and white/tan/brown color groups.

- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples are:
  - Peaches, nectarines*, cantaloupe, apricots, yellow tomatoes, carrots, yellow squash, wax beans and yellow peppers.

- White/tan/brown fruits and vegetables help maintain a healthy heart and healthy cholesterol levels. Examples are:
  - White peaches, white nectarines, bananas, plantains, rutabaga, cauliflower, bamboo shoots, jicama, lotus root and tamarind.

*Nectarines are a type of fuzzless peach with a smooth skin.

Peach Scramble

How many new words can you make from the letters in PEACHES? (Example: pea, has)

_____________________________________

_____________________________________

_____________________________________

_____________________________________

How Much Do I Need?

A serving of peaches or nectarines is one medium fruit. This is about the size of a baseball. Eat a variety of colorful fruits and vegetables throughout the day to reach your total daily needs.

Recommended Daily Amounts of Fruits and Vegetables*

<table>
<thead>
<tr>
<th></th>
<th>Children, Ages 5-12</th>
<th>Teens, Ages 13-18</th>
<th>Adults, 19+</th>
</tr>
</thead>
<tbody>
<tr>
<td>How Much Do I Need?</td>
<td>2½ - 5 cups per day</td>
<td>3½ - 6½ cups per day</td>
<td>3½ - 6½ cups per day</td>
</tr>
</tbody>
</table>

*If you are active, try to eat the higher number of cups for your age.

To learn more, visit www.mypyramid.gov/kids.