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www.advancedhealth.com/healthy-bytes-initiative

- cognitive disorders and heart disease
 Use fresh, canned, frozen, or dried in baked goods, smoothies, salads
- Contains antioxidants like beta-carotene that promotes eye, skin, brain and lung health; Fight against free radicals in prevention of some cancers,
- control, weight management and maintaining a healthy microbiome
- by reducing blood pressure
 Good source of both insoluble and soluble fiber which aid in blood sugar
- E, K and B3 (niacin)Contains potassium that can lower your risk of heart disease and stroke
- Potential benefits of consuming peaches:

 ◆ Provides 13% of vitamin C, 3% of vitamin A, >2% Daily Value of vitamins
 - 1 medium fresh peach (2¾" diameter) provides:
 59 calories, 1.4 gm protein, 0.4 gm fat, 2.3 gm fiber, no cholesterol

Health Benefits of Peaches



This juicy and delicious fruit is packed with powerful antioxidants, vitamins, minerals and fiber to support good health. And kids love them!

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