HEALTH BENEFITS

CHOLESTEROL

Foods rich in beta-carotene like peaches are good for lowering the

cholesterol level in the bloodstream.

Center for Public Issues Education

VITAMINS

Rich in Vitamin A & C, peaches

BER

help improve skin health and vision

Peaches are a great source of dietary fiber which assists in

lowered risk of colorectal cancer.

Funding provided by a FDACS Specialty Crop Block Grant

ANTIOXIDANTS

The antioxidants in Peaches benefit your heart

health.

by destroying free radicals that start chain vy uesu cyning in ee Taurears unat sear e criain reactions within your body and can damage

your cells.