

# HEALTH BENEFITS

# Florida Peach



## CHOLESTEROL

Foods rich in beta-carotene like peaches are good for lowering the cholesterol level in the bloodstream.



## ANTIOXIDANTS

The antioxidants in peaches benefit your heart by destroying free radicals that start chain reactions within your body and can damage your cells.



## VITAMINS

Rich in Vitamin A & C, peaches help improve skin health and vision health.



## FIBER

Peaches are a great source of dietary fiber which assists in lowered risk of colorectal cancer.

