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Wise Notes for Consumers

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Peaches

Peaches, with their soft skin and sweet flesh, are a summertime staple. One of the largest fruit crops grown in the United States, peaches provide a great deal of nutrients with few calories and no fat. Peaches are a healthy way to fit in one of your daily servings of fruit.

Peaches contain over 15 different vitamins and minerals, with the most abundant being vitamin A, vitamin C and potassium. They are also a source of the antioxidant chlorogenic acid which helps scavenge free radicals. These are compounds that your body acquires through exposure to pollutants, food and the environment. Consuming peaches will assist in reducing the effects of aging and deter chronic diseases.

One large peach, about 2 ¾ inches in diameter, contains just 68 calories and no fat. Eating peaches instead of more fattening, processed snacks, such as chips, baked goods, cereal bars and cookies, can help you manage your weight. Peaches are naturally sweet and can replace some of the added sugars in your diet. Use them to top unsweetened whole-grain cereal, plain yogurt or plain low-fat cottage cheese, instead of choosing versions of these foods sweetened with high-fructose corn syrup or cane sugar. And since July is National Ice Cream month; maybe even on top of an occasional bowl of your favorite vanilla ice cream.

Since the Texas peach season and grilling season coincide during the summer months what better way to encourage our families to eat more fruits. The following recipe for **Grilled Peach**

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Sundae is delicious bringing out the sweetness of the fruit.

Ingredients:

- 2 medium peaches pitted and sliced in half
- 1 cup low fat vanilla Greek yogurt or frozen yogurt
- 4 Tablespoons slivered almonds
- 4 teaspoons agave nectar or honey used for drizzling

Heat grill. Wash and slice peaches in half and remove pits. Brush with olive oil and place cut side down on the grill. Grill for 4 minutes. Remove peaches and place 1 slice in small bowl and top with 1/4 cup of yogurt, almonds and drizzle with 1 teaspoon honey. Serves four.

Nutrition facts: Calories-167; Total fat- 8grams; Saturated fat-1 gram; total Carbohydrates- 20 grams; Dietary Fiber- 3 grams.

Contact the Extension office at 940-627-3341 for additional ideas on healthy eating.

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