

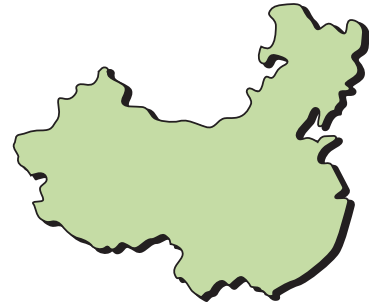
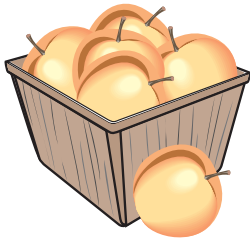


What a Treat to Eat a Sweet Peach!

Peaches are rich in vitamins and minerals, especially vitamin A and potassium. They also contain iron, niacin, and vitamin C.

The peach originated in China around 2000 BC and was regarded as a symbol of life. Peaches are still used to help celebrate birthdays in China. A special peach dessert is often served at Chinese birthday parties.

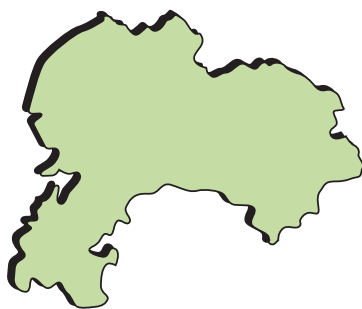
Peaches are delicious for breakfast, as a snack, or for dessert. Eat them by themselves, sliced with other fruit on whole-grain cereal, mixed in with oatmeal, baked with cinnamon and rolled oats, or even made into peach salsa.



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

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