

North Carolina Harvest of the Month



STEPS TO HEALTH

The North Carolina Harvest of the Month featured fruit is



Health and Learning Success Go Hand-in-Hand

Help your child get the nutrients they need by eating a variety of colorful fruits and vegetables every day. Encourage your child to be active for at least 60 minutes each day. Eating healthy foods and being active will help your child learn and focus better in school.

Did You Know?

- Even though peaches originated from China, the United States is the world's leading grower of peaches.
- Peaches are classified as a stone fruit, meaning that they contain a single large seed or stone surrounded by juicy flesh. Other common stone fruits include cherries and plums.
- Nectarines are a type of fuzzless peach. Nectarines are smaller, with a smaller and flatter stone, and have a smooth outer skin. Nectarines are also sweeter in taste than peaches.

Healthy Serving Ideas

- Blend fresh or frozen peaches with lowfat milk, 100% orange juice, and ice.
- Combine peaches, lowfat yogurt, and granola for a healthy snack.
- Add fresh peaches to cereal and lowfat milk or oatmeal.
- Canned peaches are a good alternative to fresh. Choose canned peaches packed in natural juice or light syrup.



Good Morning Cobbler

Makes 4 servings. 1 cup per serving.

Total time: 10 minutes

Ingredients:

- 2 medium peaches, sliced (or 1 (15-ounce) can sliced peaches,* drained)
- 1 (15-ounce) can pear halves,* drained and sliced
- 1/4 teaspoon almond or vanilla extract
- 1/4 teaspoon cinnamon
- 3/4 cup lowfat granola with raisins

*Canned fruit packed in 100% fruit juice.

Directions:

1. Combine peaches, pears, extract, and cinnamon in large microwave safe bowl. Stir well.
2. Sprinkle granola over the top. Cover bowl with plastic wrap. Leave a little opening for steam to get out.
3. Microwave on high for 5 minutes. Let cool for 2 minutes.
4. Spoon into bowls and serve warm.

Nutrition information per serving:

Calories 171, Carbohydrates 41 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 54 mg

Adapted from: *Kids...Get Cookin'!*, Network for a Healthy California, 2009.

Home Grown Facts

North Carolina ranks approximately ninth in peach production. The majority of peaches are grown in the Sandhills area. Almost all the North Carolina peaches are grown in order to be sold at roadside markets and pick-your-own farms—directly to consumers. These tree-ripened peaches are usually sweeter. There are many peach varieties including: Rich May, Derby, Winblo, Contender, Sweet Sue, Big Red, and Red Haven. NC peaches are available from the end of May through August.

www.ncagr.gov

www.ncpeachgrowers.com



Visit a farm or farmers market to discover your favorite variety of North Carolina peach! To find a North Carolina pick-your-own farm, roadside market or farmers market, visit ncfarmfresh.com.



BE AN ACTIVE FAMILY!

North Carolina summers can be hot and humid. Be active outside in the morning or at dusk when the temperatures are cooler. Many public school playgrounds and tracks are open to the public. Check with your local school and be active outdoors!

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peaches

Why Focus on Fruits and Vary My Veggies?

- Fruits and vegetables are an important part of a healthy, balanced diet.
- Eat the skin! The skin of fruits and vegetables contains fiber and many important vitamins and minerals which may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.
- A good tip to follow is to make half your plate fruits and vegetables to reach your daily needs!

How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart at right to find out how many cups of fruits and vegetables you and your family need every day.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5–12	Teens and Adults, Ages 13 and up
Males	2½–5 cups per day	4½–6½ cups per day
Females	2½–5 cups per day	3½–5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.

How Much Peaches?

- A half cup of sliced peaches is about one cupped handful. This is about the size of half of a medium peach.
- A half cup of peaches has vitamin C, vitamin A, and fiber.

Produce Tips

- Look for peaches and nectarines that have a sweet smell and feel slightly firm.
- Keep ripe peaches and nectarines in the refrigerator for up to one week.
- Put firm peaches and nectarines in a paper bag at room temperature until ripe.

Nutrition Facts

Serving Size: ½ cup peaches, sliced (77g)	
Calories 30	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	5%
Sugars 7g	
Protein 1g	
Vitamin A 5%	Calcium 1%
Vitamin C 9%	Iron 1%

More Peaches Each Day

- Add sliced peaches or nectarines and nuts to a **green salad** for a healthy lunch or dinner.
- Make a **tasty topping** for your pancakes. Just heat canned peaches in natural juice or light syrup in the microwave. Add a dash of cinnamon.
- Mix diced peaches with low-fat yogurt and 100% orange juice. Put mixture in paper cups and insert popsicle sticks. Freeze until solid for a **frozen peach pop!**

For more recipes, visit www.whatscooking.fns.usda.gov.

To learn about the other food groups, visit



ACTIVE ADULTS: Start the day by moving—go for a brisk walk or do jumping jacks to get your heart rate up. Keep the beat going all day with a power walk at lunch. Unwind in the evening by stretching—it will help to relax before bed.

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Steps to Health
Supplemental Nutrition Assistance Program Education (SNAP-Ed)
ncstepstohealth.org

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