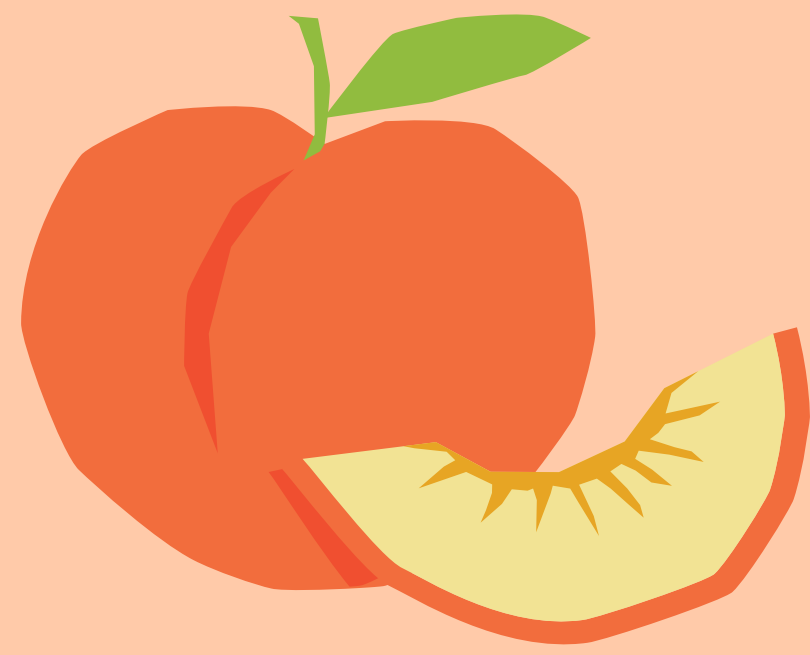


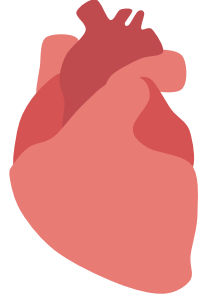
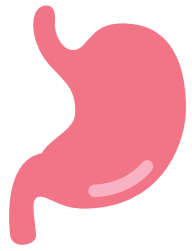
# Peach

## a functional food



## Health benefits

A peach has many health benefits like



improved digestion

heart health

healthy eyes

Source:Kaptuk

## Nutritional Value

One medium peach contains 50 calories, 0.5 g of fat, 0g of sodium and cholesterol, 15g of carbohydrates, 13g of sugar, 2g of fiber, and 1g of protein.

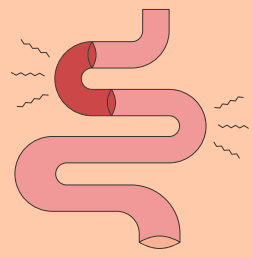
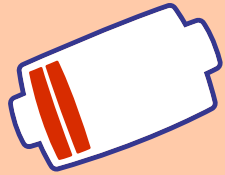
Peaches make up 6% of a person's vitamin A needs and 15% of vitamin C.

One medium peach makes up 2% of the daily values of vitamins E and K, niacin, folate, iron, choline, potassium, magnesium, phosphorus, manganese, zinc, and copper.



Source:Ensl

## Problems if you eat too much

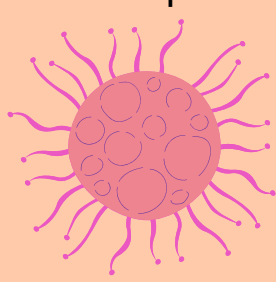


magneisum overdose

constipation, diarrhea, cramping



hyperkalemia

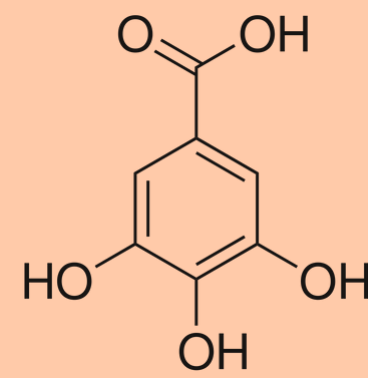


increased risk for cancer

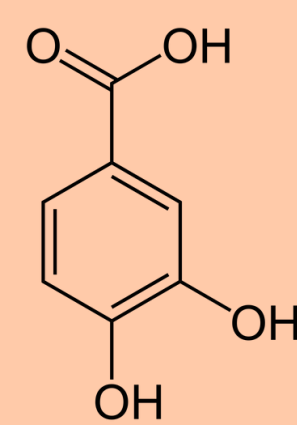
Source:Sharma

## Bioactive ingredients

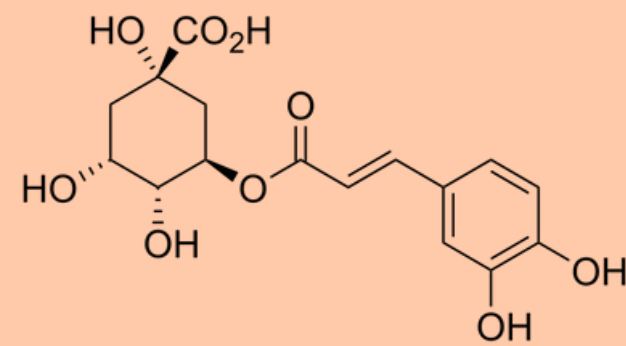
The bioactive ingredients for peaches are:



Gallic acid



Protocatechuic acid



Chlorogenic acid

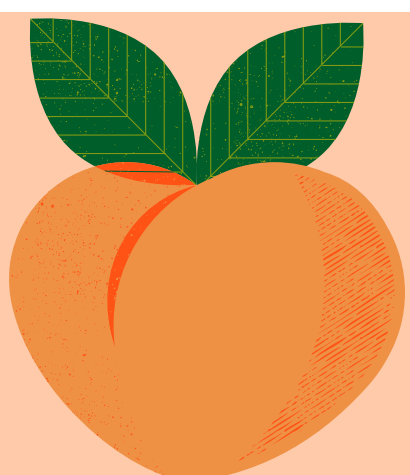
Source:Pubmed

## Origin of peaches

Peaches originate in China. They have been cultivated for 4000 years. A Chinese fruit survey team found a peach tree in Tibet that had a 30-foot circumference and was estimated to be 1000 years old in 1980. There is genetic diversity in China where the peaches grow in the cold north and subtropical southeast.



Source: Chinese Peaches: Past and Present



## I'm feeling peachy

Peaches are popular in the summertime.

June-August is the month people crave peaches.

There are two types of peaches. Freestone is better eating by itself and Clingstone is for commercial usages.

Source Buck

### Sources:

- Kaputk. "Health Benefits of Eating Peaches." Cleveland Clinic, Cleveland Clinic, 29 June 2022, <https://health.clevelandclinic.org/benefits-of-peaches/>.
- Enslie, Karen. "Health Benefits of Peaches: A Delicious Summer Fruit." Health Benefits of Peaches: A Delicious Summer Fruit (Rutgers NJAES), <https://njaes.rutgers.edu/sshw/message/message.php?p=Health&m=301#:~:text=Consumption%20of%20fruits%20like%20peaches,heart%20rate%20and%20blood%20pressure.>
- Sharma, Bharat. "11 Major Side Effects of Eating Too Many Peaches." Good Health All, 2 Feb. 2023, <https://goodhealthall.com/side-effects-of-eating-too-many-peaches/>.
- Buck, Alex. "It's Peach Season! Here's All You Need to Know about the Quintessential Fruit of Summer." Fresh Forward, 7 July 2021, <https://www.freshforwardfarms.com/its-peach-season-heres-all-you-need-to-know-about-the-quintessential-fruit-of-summer/#:~:text=Peach%20season%20IS%20summertime%2C%20and,crave%20in%20July%20and%20August.>
- "Chinese Peaches: Past and Present." Chinese Peaches: Past and Present | College of Agriculture, Forestry and Life Sciences | Clemson University, South Carolina, 1 Dec. 2022, <https://www.clemson.edu/extension/peach/commercial/rootstocks/chinese-peaches-past-and-present.html#:~:text=Peaches%20originate%20in%20China%2C%20where,the%20cold%20and%20dry%20north.>
- Loizzo MR;Pacetti D;Lucci P;Núñez O;Menichini F;Frega NG;Tundis R; "Prunus Persica Var. Platycarpa (Tabacchiera Peach): Bioactive Compounds and Antioxidant Activity of Pulp, Peel and Seed Ethanolic Extracts." Plant Foods for Human Nutrition (Dordrecht, Netherlands), U.S. National Library of Medicine, <https://pubmed.ncbi.nlm.nih.gov/26138775/#:~:text=Gallic%20acid%2C%20protocatechuic%20acid%2C%20protocatechualdehyde,were%20identified%20as%20main%20constituents.>