

6 HEALTH FACTS ABOUT

Peaches

1 HEART HEALTH

Peaches are a moderate source of potassium, which is an important nutrient to help control blood pressure.

2 IMPROVE DIGESTION

Soluble fiber found in the skin of peaches helps stabilize blood sugar and keeps cholesterol levels in check.

3 DECREASE INFLAMMATION

The plant-based polyphenols and prebiotics found in peaches can decrease inflammation, which can, in turn, decrease your risk of many chronic diseases, including heart disease, diabetes, cancer and Alzheimer's disease.

4 STRONG IMMUNE SYSTEM

The fuzzy skin and juicy flesh of peaches contain good-for-you antioxidants, including Vitamin C, Polyphenols, and Carotenoids.

5 HEALTHY EYES

Peaches are a moderate source of beta carotene, which the body turns into Vitamin A, an essential vitamin that's important for healthy vision.

6 SMOOTHER SKIN

When applied to the skin, extracts made from peach pits or peach flowers might reduce UV damage and help skin retain moisture.

