



# NUTRITION CORNER

From the desk of the OFA Registered Dietitian: *Juanita Bryant, RDN, CDE*

## August is National Peach Month

Peaches are grown on trees throughout the warmer temperature. There are more than 2,000 varieties of peaches. How to find the best peach - first use your nose, a ripe peach will have a sweet fragrance; next just a gentle squeeze. A ripe peach will be able to withstand gentle pressure.

Peaches are a good source of vitamins A, B and C. A medium peach provides 37 calories and equals about 2/3 of a cup. Frozen and canned peaches have the same nutritional value as the fresh peach because the preserving process does not omit nutrients from the fruit.

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### Peach Salsa

Perfect as a summer appetizer, it is great with chips or as a final topper to your just grilled chicken or fish - Enjoy!

#### Ingredients:

2 large peaches peeled and diced  
1 small jalapeno de-seeded/diced  
1 medium tomato diced (1 cup)

#### Servings: 8

½ medium red onion diced  
2 tablespoon chopped cilantro  
1 small lime, squeezed for juice

#### Directions:

- 1) Add all ingredients in a mixing bowl
- 2) Gently stir to combine

**Nutrition:** Calories: 25, Carbohydrates: 6.3 gm, Protein: 0.7 gm, Total fat: 0.2gm

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