

Insider Look

Heart Health

- The heart is an important organ in the body. It supplies oxygen and important nutrients to all other organs by pumping blood.
- Saturated fats can be harmful to heart health, and are found in fried foods.
- Unsaturated fats may benefit our bodies, and are found in vegetable oils and nuts.
- HDL is the good or “healthy” cholesterol; having high HDL levels can reduce the risk of stroke or heart disease. You can increase HDL by exercising and eating fruits and vegetables.
- LDL is the bad or “lousy” cholesterol that can cause a build up of plaque in the arteries. You can decrease LDL by eating smaller portions of meat (deck of cards), cheese (size of thumb) and choosing low or non-fat dairy.
- All fruits and vegetables are heart healthy. Foods that have extra heart benefits are sweet potatoes, red peppers, spinach, berries and cantaloupes.

When choosing your peaches, use your senses.

Tips

Peachy Keen

Choosing:

- When choosing your peaches, use your senses.
- First, touch them. They should give a little when lightly pressed.
- Next, sniff the stem end of the peaches. They should smell sweet and fragrant.
- Then look for peaches with smooth, unwrinkled skin and no bruising.
- Avoid peaches with a green-tinged background. These were picked too early and will not sweeten up.

Storing :

- If the peaches you have on hand are ripe but you aren't quite ready to eat them, simply store them in the fridge.
- Check chilled peaches frequently; the cold air in the refrigerator is dehydrating. Watch out for any wrinkly skin, a sign of both drying and over-ripening.
- If your peaches could stand to be a little softer, put them stem side down in a paper bag, and then put the bag on the counter. Check after a day for ripeness, then move to the refrigerator or eat!



Peaches



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Healthy Recipes

Peach Salsa

Yield: 6 servings
Serving size: ¾ cup
Recipe from
natashaskitchen.com

Ingredients:

- 1 lb tomatoes, diced
- 1 bell pepper (4 oz), seeded and finely diced
- 2 jalapenos, seeded and finely diced
- 1 medium onion, finely diced
- 1½ lbs peaches, diced
- ½ bunch cilantro, chopped
- 2 tbsp lime juice
- 1½ tsp salt, or to taste
- ¼ tsp freshly ground black pepper, or to taste

Nutrition Facts	
Serving Size (248g) Servings Per Container	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 590mg	25%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 1g	
Vitamin A 30%	Vitamin C 60%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions:

1. Chop tomatoes and then transfer to a large bowl.
2. Dice bell pepper, jalapeños and onion, then add them to the bowl.
3. Chop peaches with the peel still on. A slightly larger size will give the salsa more peach flavor. Transfer peaches to your bowl.
4. Add the cilantro, lime juice, salt and pepper to the bowl.
5. Fold everything together until well mixed.
6. Enjoy!

Fun for Kids

Peachy Rings

Yield: 4 servings
Serving size: 2 rings
Recipe adapted from superhealthykids.com

Ingredients:

- 2-3 peaches
- 2 cups flavored, non-fat Greek yogurt
- *Optional toppings: granola, cinnamon, chopped nuts or crushed cereal



Instructions:

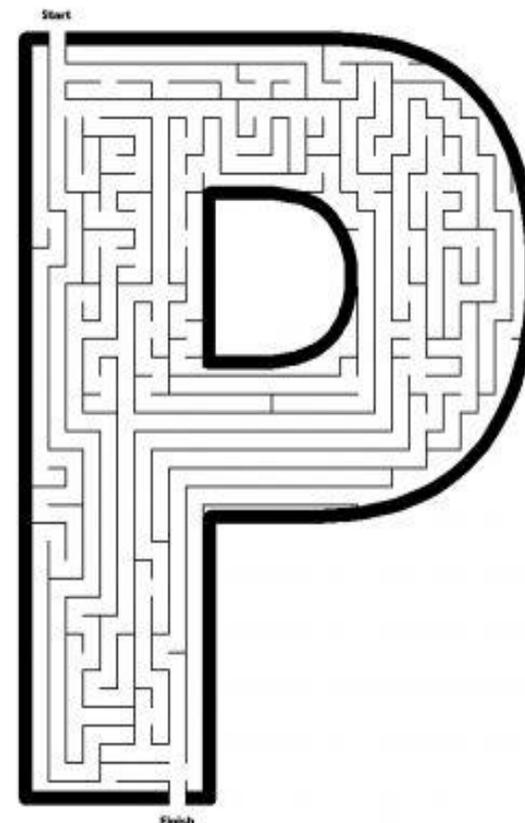
1. Cut peaches in half, so the pit is in the center
2. Scoop out a little extra of the center with a spoon or melon baller to make a circle.
3. Slice peaches into rings.
4. Freeze the peach rings for about 30 minutes to make it easier to dip in yogurt.
5. Place yogurt in a bowl.
6. Dip rings in yogurt.
7. Place on a pan lined with waxed paper.
8. Add optional toppings.
9. Freeze until frozen, about 2-3 hours.
10. Let thaw for 10 minutes to make eating easier!

Peaches have no saturated fat or cholesterol, which make them a perfect fruit for maintaining heart health.

Brain Break

Peach Puzzler

P is for PEACH! Can you find your way through the maze?



For more easy, delicious recipes, visit:

cookinglight.com | chopchopmag.org | seasonalandsimple.info