

Healthy Measures: Delectable Peaches

A summer glory! Peaches are tasty, sweet and refreshing on a hot summer's day. There are over 200 varieties of peaches, and at this time of year, you will begin to find fresh Ontario peaches in your local grocery store.

Despite being wonderfully sweet, one peach only has about 40 calories and is packed with important nutrients, such as beta-carotene (vitamin A), vitamin C, potassium and fibre. In addition, peaches contain phytochemicals (beneficial plant chemicals) such as lutein and zeaxanthin, which promote eye health and act as antioxidants that can reduce the risk for cancer.

Buying

If you're buying peaches to eat the same day, look for fruit that has a sweet aroma, no bruising or blemishes, and soft enough that it gives to gentle pressure.

To eat over the next few days, look for peaches that are yellow or light peach in colour, relatively firm and fragrant. Avoid dark-coloured peaches, those with wrinkled skin or greenish tinge at the end.

Storing

Peaches will ripen when left at room temperature for a few days. They can be stored in a pierced paper bag, but not a plastic bag as they will spoil. Store them away from direct sunlight. Check the fruit daily and when it has ripened, it can be stored in a single layer in the refrigerator for up to five days.

Eating

Peaches are most flavourful if brought to room temperature prior to eating. Although they are delectable to eat out of hand, they can be enjoyed in many other ways, such as grilled, on cereal, in smoothies and salads, or mixed with yogurt or cottage cheese.

For more information about peaches and links to recipes, check out [Foodland Ontario](#).

In York Region there are a number of farmers' markets that are open on a weekly basis during the summer and fall. You can also visit a local farm that offers pick your own produce. [York Region Farm Fresh Guide](#) showcases local farmers, farmers' markets and roadside stands.

If you have questions about nutrition or healthy eating, call *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.

Healthy Measures: Eat Well, Be Active and Be Yourself!