

Peaches

Peaches are one of Michigan's most deliciously kept secrets. There is no wondering as to why ripe Peaches are so highly prized across the nation. They have a full, mouthwatering flavor with less calories than other fruits of the same class.

You can rely on Peaches to help meet your daily need for

- Potassium
- Vitamin A
- Vitamin C
- Omega-6 fatty acids

And also they chip in with some

- Vitamin E
- Vitamin K
- Niacin
- Choline

All these nutrients make Peaches a great choice for your health!

A Peach-perfect Diet Food

Peaches **don't have any cholesterol, sodium, or saturated fat** to speak of.

Add in the Vitamin C, Vitamin A, Dietary Fiber, Niacin, and Potassium, and you have the perfect fruit for helping you **lose weight, stay active, and maintain optimum health.**

Only stay away from Peaches if you're looking to gain weight!

Add Some Color to your Skin!

Aside from ensuring that your skin is at its healthiest, Peaches also brighten the pigment of your skin. If you eat plenty of them, you end up with a nice healthy sheen.

De-worm

Not to gross you out, but there are worms inside you! Most likely.

But if that *does* gross you out, consider eating more Peaches. They keep the intestinal tract relatively worm-free.

Anemia, Asthma, Stones, and More!

The list of medicinal properties of the Peach goes on and on. Here's a few more.

- Soothes **asthma**
- Prevents **bladder** and **kidney stones**

- Calms coughs from **bronchitis** and infection
- Promotes regular and healthy bowel movements
- **Improves digestion**