



As Fresh As Fresh Gets

Fat-free  
Saturated fat-free  
Sodium-free  
Cholesterol-free  
High in Vitamin A  
Good source of Vitamin C

# Peaches

NUTRITION FACTS		% daily value*	
Serving Size: 1 medium peach (147g)	<b>Total Fat</b> 0.5g	1%	Vitamin A 6%
<b>Amount Per Serving</b>	Saturated Fat 0g	0%	Vitamin C 15%
<b>Calories</b> 60	<b>Cholesterol</b> 0mg	0%	Calcium 0%
<b>Calories from Fat</b> 0	<b>Sodium</b> 0mg	0%	Iron 2%
	<b>Total Carbohydrate</b> 15g	5%	
	Dietary Fiber 2g	8%	
	Sugars 13g		
	<b>Protein</b> 1g		

\* Percent Daily Values are based on a 2,000 calorie diet.

Source: Nutrition & Produce Labeling Guide

