



## Peaches, Canned

MyPlate Food Group: **Fruit**

USDA  
**Foods**

### Nutrition Information

- 1 cup of canned peaches counts as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Peaches are naturally low in fat, sodium, and calories. Fruit does not have cholesterol.
- Canned peaches contain Vitamin A. Vitamin A helps maintain healthy eye sight and vision.
- For specific information about canned peaches, please refer to the product’s Nutrition Facts Panel or ingredient list.

### Uses and Tips

- Canned peaches are a great way to add fruit in your diet when fresh fruits are not available.
- Canned peaches do not need to be cooked or heated, they can be eaten right away.
- Canned peaches can be used to add sweetness to other foods. For example, they can be added to plain yogurt or oatmeal.
- Try adding thin slices of peaches to replace jam on a peanut butter sandwich.
- Peaches can be added to muffins, quick breads, and other baked goods to add flavor and additional nutrients.

### Storing Foods at Home

- Store unopened canned peaches in a cool, clean, and dry place.
- After opening, take any unused peaches out of the can and store it in a tightly covered container in the refrigerator.
- Look at the “Best if used by” or “Best by” date on the package. The peaches will look and taste best if you eat it before this date.

### MyPlate Facts

- Fiber from whole fruit helps keep your heart healthy and helps to reduce cholesterol.
- Fiber is important for bowel function and helps prevent constipation.
- Eating a diet full of fruits and vegetables may reduce the risk for heart disease and may also help prevent some cancers.
- Eating foods such as fruits that are lower in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.



## USDA Foods

### **Peach Quesadilla**

*Makes 2 servings*

#### **Ingredients:**

2 whole grain tortillas, 8-9 inch  
1 can (15 ounces) sliced peaches, drained  
¼ cup canned green chilies, chopped  
¼ cup grated cheddar cheese blend  
1 tablespoon oil

**Directions:** Wash hands with soap and water.

1. On a large flat plate or upside-down cookie sheet lay out the bottom tortilla.
2. Arrange sliced peaches, cheese, and chilies on top evenly. Top with remaining tortilla.
3. Heat a 9-inch or larger sauté pan over medium heat and add the oil. When the oil is hot, slide the quesadilla into the pan and cook until the cheese begins to melt and the edges of the tortilla turn brown. Flip with a large spatula being careful not to toss out the filling. Toast until the cheese is fully melted and the peaches are heated through, about 3 minutes.
4. Remove the quesadilla from the heat and cut into wedges. Serve warm with salsa.

*Recipe adapted from California Cling Peaches*

### **Peach Parfait**

*Makes 5 servings (1 cup each)*

#### **Ingredients:**

2 cups canned peaches, chopped or sliced,  
drained  
¼ teaspoon ground cinnamon  
3 cups (24 ounces) low-fat yogurt (try peach,  
vanilla or raspberry)

**Directions:** Wash hands with soap and water.

1. In a medium bowl, mix peaches and cinnamon.
2. Spoon yogurt into five individual bowls.
3. Top with peaches.
4. Refrigerate leftovers within 2 hours.

*Recipe adapted from FoodHero.org*