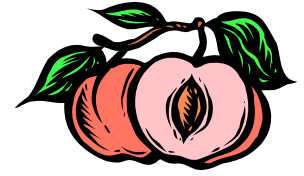


August is Peach Month!



- _ Your taste buds are not the only parts of your body that will reap the benefits of a juicy, sun ripened peach this summer!
- _ This delicious fruit provides **fiber**, and **antioxidants**, which are vitamins that protect your body from damage or disease.
- _ **Vitamin A** maintains healthy hair and skin, protects eyes, builds strong teeth and bones, and may also reduce the risk of cancer and heart disease. Your body makes Vitamin A from **Beta-Carotene**, the natural pigment that makes peaches orange.
- _ **Vitamin C** boosts the immune system, promotes healing and may prevent cancer, heart disease and stroke.
- _ **Vitamin E** may help prevent heart disease and breast cancer.
- _ So this August get your 5 or more servings of fruits and vegetables a day by eating some peaches.



- _ And try to visit your local farmer's market to buy locally grown, delicious and nutritious peaches.

