

For the love of peaches

September 6 2024, by Barbara Intermill, Tribune News Service



Credit: Pixabay/CC0 Public Domain

Botanically, peaches are "drupes" or stone fruits. Like apricots, plums and cherries, they carry their seeds within a hard shell surrounded by edible flesh and skin.

Nutritionally, a medium-sized peach (5–6 ounces) contains just 58

calories and 14 grams of brain and muscle energy from carbohydrates. They are reasonably good sources of vitamins C and A, with smaller amounts of other vitamins and minerals.

Peaches are also packed with beneficial antioxidants that protect our bodies from wear and tear. And get this when you're searching for [peaches](#): According to research from the National Institutes of Health, you'll find more antioxidants in the freshest and ripest fruit.

How to find a perfectly ripe peach

It is round with no sign of green. And it is slightly soft to the touch. Peaches continue to ripen at room temperature. To preserve them from over-ripening, store them in the refrigerator.

2024 MediaNews Group, Inc. Distributed by Tribune Content Agency, LLC.

Citation: For the love of peaches (2024, September 6) retrieved 8 September 2024 from <https://medicalxpress.com/news/2024-09-peaches.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--