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California Canned Peaches: Just as Nutritious as Fresh

OSU Study Indicates that Canned Peaches Have the Same or More Vitamins A, C, and Folate!

Thanks to a study conducted by Oregon State University (OSU) and the Linus Pauling Institute, we now know what growers and home canning enthusiasts have known for generations: canned peaches are nutritious, wholesome and vitamin packed.

The multi-year-long study published in *The Journal of the Science of Food and Agriculture*, concludes that California canned peaches are nutritionally equivalent to their fresh counterparts, and that some nutrients increase thanks to the canning process. Just as lycopene levels increase when tomatoes are cooked/canned, so too do key nutrients found in fresh cling peaches. The OSU study found that antioxidants, vitamin A, and vitamin C all increased and that folate levels in canned peaches were up 10 times compared to their fresh counterparts. Carotenoids were marginally lower in the canned product, however the study noted that the findings were not statistically significant. Notably, the nutrient content in canned peaches remained stable over three months, underscoring their lasting nutritional value.



TOP 10 TAKEAWAYS

- 1 Vitamin C Levels**
Canned peaches showcase significantly higher vitamin C content than fresh peaches, essential for maintaining good health.
- 2 Folate Content**
Folate levels in canned California Cling Peaches were found to be 10x higher than their fresh counterparts.
- 3 Antioxidant Levels**
Canned peaches have an edge with higher antioxidant levels than fresh peaches, according to the study findings.
- 4 Vitamin A Comparison**
The study finds minimal difference in vitamin A content between canned and fresh peaches, indicating a nutritional parallel.
- 5 Vitamin E & Phenolics**
Vitamin E and Phenolics are present in canned peaches at levels that are similar to, or slightly lower than, those found in fresh peaches.
- 6 Canned Fresh**
California cling peaches are picked at the peak of ripeness and nutrient density.
- 7 Stability During Storage**
Canned peaches maintain their nutrient content effectively over three months of storage, showing no significant nutritional degradation.
- 8 Consumer Perception**
This study challenges the common perception that processed fruits are less nutritious than fresh, showing canned peaches as a viable nutritional option.
- 9 Effects of Processing**
The study observes that some nutrients decrease immediately after processing but stabilize thereafter, maintaining their presence in canned peaches.
- 10 Year-Round Availability**
Canned peaches offer a way to enjoy peach nutrients throughout the year, overcoming the seasonal limitations of fresh peaches.



¹ Comparative Study, J Sci Food Agric. . 2013 Feb;93(3):593-603., doi: 10.1002/jsfa.5849. Epub 2012 Sep 11, Nutritional content of fresh and canned peaches, Robert W Durst 1, George W Weaver, PMID: 22968977 DOI: 10.1002/jsfa.5849

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CALIFORNIA
Cling Peaches



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