

The Nutritional Powerhouse of Canned Peaches

Canned peaches offer a convenient way to enjoy the nutritional benefits of this delicious fruit year-round. These golden treats pack an impressive array of vitamins, minerals, and other essential nutrients into each serving, making them a smart addition to your diet.

43

Calories

Per half-cup serving, providing energy your body needs to function

11.3g

Carbohydrates

Your body's main source of energy

1.3g

Dietary Fiber

Aids digestion and gut health

Essential Vitamins



Vitamin A: 10 mcg

Crucial for vision, immune function, and maintaining healthy skin



Vitamin C: 6 mg

Important for tissue growth and repair while functioning as a powerful antioxidant



Folate (Vitamin B9)

Essential for cell division, red blood cell formation, and preventing birth defects during pregnancy

Important Minerals



Potassium: 125 mg

Regulates fluid balance, muscle contractions, and nerve signals throughout the body



Iron: 1 mg

Essential for hemoglobin production, helping to carry oxygen in your blood

While canned peaches contain 10.1g of natural sugars that provide quick energy, they should be consumed in moderation as part of a balanced diet.

Convenient Nutrition

Canned peaches provide year-round access to nutritional benefits when fresh peaches aren't in season.

Versatile Addition

Add to yogurt, oatmeal, salads, or enjoy as a standalone snack for a nutritional boost.

Budget-Friendly Option

More affordable than fresh fruit during off-seasons while maintaining excellent nutritional value.

With only 0.6 grams of protein per serving, canned peaches are not a significant protein source but make an excellent complement to protein-rich foods. When selecting canned peaches, opt for varieties packed in fruit juice (no added sugar) while maximizing nutritional benefits.