

# Nutrition “Bites” About California Cling Peaches



Sweet, juicy California Cling Peaches are a delicious source of powerful antioxidants, which serve as aggressive protectors of your body’s cells. Working together, antioxidants vitamin A, vitamin C, vitamin E and hundreds more strive to keep your body healthy and strong—so you can do your best in school and have lots of energy for your favorite activities.

## **Vitamin A**

✓ Helps keep your skin, eyes, teeth, bones and hair healthy and strong!

## **Vitamin C**

✓ Boosts your immune system and contributes to healing!

## **Vitamin E**

✓ While vitamin E is primarily found in vegetable oils, nuts, seeds and wheat germ, California peaches contain a significant amount

**American Peaches  
for America’s Students**

[www.calclingpeach.com](http://www.calclingpeach.com)