

Peach Nutrition Facts



One small peach (130g) contains 51 calories, 12g of carbohydrates, 2g of fiber, 1.2g of protein, 2g of fat, and 10.9g of sugar. Peaches are a rich source of carbohydrates and fiber and contain vitamins C, A, and K and thiamin, niacin, and riboflavin..

- Calories: 51
- Fat: 2g
- Carbohydrate: 12g
- Sugars: 10.9g
- Protein: 1.2g
- Fiber: 2g

Peach Health Benefits

May Help Fight Inflammation

Peaches are rich in antioxidants which can destroy free radicals that can lead to heart disease, stroke, cancer, and other chronic inflammatory diseases.



Can Reduce Risk of Certain Diseases

Peaches are a good source of fiber, which is important for removing cholesterol from the body, promoting bowel health, increasing the feeling of fullness, and can help stabilize blood sugars.



Aids Vitamin A Production

Peaches contain carotenoids, which the body can synthesize into vitamin A. Vitamin A is essential for normal vision and immune health.



Helps Fight Obesity-Related Diseases

Peaches contain bioreactive compounds that may inhibit obesity-related diabetes and cardiovascular disease due to its ability to reduce LDL cholesterol, obesity, and inflammation related to metabolic syndrome.

