



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 06-20-13)

Visit us at www.fns.usda.gov/fdd

100220 – PEACHES, CANNED, CLINGSTONE, EXTRA LIGHT SYRUP, DICED

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade B or better canned diced yellow clingstone peaches are packed in natural flavor packed in unsweetened fruit juice, unsweetened fruit juice from concentrate, extra light syrup, lightly sweetened fruit juices and water, lightly sweetened fruit juice or unsweetened peach juice.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 106 oz (12¹/₈ cups) diced peaches and juice. One #10 can AP yields about 79 oz (8³/₄ cups) drained, diced peaches and provides about 35.4 1/4-cup servings drained, diced peaches OR about 48.6 1/4-cup servings of fruit and juice. CN Crediting: 1/4 cup diced peaches and juice OR 1/4 cup drained, diced peaches provide 1/4 cup fruit.
STORAGE	<ul style="list-style-type: none"> Store unopened canned diced peaches in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened canned diced peaches covered and labeled in a dated nonmetallic container under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Peaches, diced, extra light syrup

	1/4 cup (63 g)	1/2 cup (126 g)
Calories	26.5	53
Protein	0.25 g	0.5 g
Carbohydrate	6.70 g	13.99 g
Dietary Fiber	0.65 g	1.3 g
Sugars	6.35 g	12.69 g
Total Fat	0.06 g	0.13 g
Saturated Fat	0.0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.19 mg	0.38 mg
Calcium	3 mg	6 mg
Sodium	3 mg	6 mg
Magnesium	3 mg	6 mg
Potassium	46.5 mg	93 mg
Vitamin A	170 IU	340 IU
Vitamin A	9 RAE	18 RAE
Vitamin C	1.9 mg	3.8 mg
Vitamin E	0.31 mg	0.62 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Diced peaches can be used right from the can, chilled or at room temperature.
USES AND TIPS	<ul style="list-style-type: none"> • Serve canned peaches chilled in their own juices, or chilled and drained as part of fruit salad, or with cottage cheese. • Combine with other fresh, canned, or frozen fruit for fruit cups or compotes. • Add peaches to gelatin. • Serve peaches heated as a garnish for main dishes. Use as directed in recipes specifying peaches. • Serve canned peaches chilled or use in recipes for main dishes, breads, cakes, cookies, or desserts.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened. • Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.