



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

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110234 – PEACHES, CANNED, CLINGSTONE, EXTRA LIGHT SUCROSE SYRUP, DICED

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 extra light sucrose syrup.
PACK/YIELD	<ul style="list-style-type: none"> • 6/#10 cans per case. Each can contains about 106 oz (12 1/2 cups) diced peaches and juice. • One #10 can AP yields about 79 oz (8 3/4 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.

Nutrition Information

Peaches, diced, extra light sucrose 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 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