



CALIFORNIA  
Cling Peaches

# ALWAYS NUTRITIOUS

Information to help consumers  
understand the nutrition benefits  
of California Cling Peaches.



# NUTRITIONAL EQUIVALENCY OF CALIFORNIA CLING PEACHES TO FRESH PEACHES

## CORE 1 BENEFIT

CANNED CALIFORNIA PEACHES DELIVER THE SAME OR BETTER NUTRITION THAN FRESH.

### STUDIES SHOW:

CALIFORNIA CLING PEACHES IN CANS, JARS, AND SINGLE SERVE CUPS ARE JUST AS NUTRITIOUS AS FRESH PEACHES.

### OREGON STATE UNIVERSITY STUDY

#### LINUS PAULING INSTITUTE

"Nutritional content of fresh and canned peaches"  
Robert W Dursta. Linus Pauling Institute, Oregon State University, Corvallis, OR 97331, USA

#### STUDY CONCLUSION:

"The nutritional content of canned peaches has been shown in this study to be comparable to that of fresh peaches. There were no statistically significant decreases in those nutritional parameters measured in this study between fresh freestone peaches and canned cling peaches."

### MICHIGAN STATE UNIVERSITY STUDY

#### CENTER FOR ECONOMIC ANALYSIS

"Nutrition & Costs Comparisons of Select Canned, Frozen and Fresh Fruits and Vegetables" Steven Miller, PhD, Center for Economic Analysis and Bill Knudson, PhD, Michigan State University Product Center. May, 2012.

#### STUDY CONCLUSION:

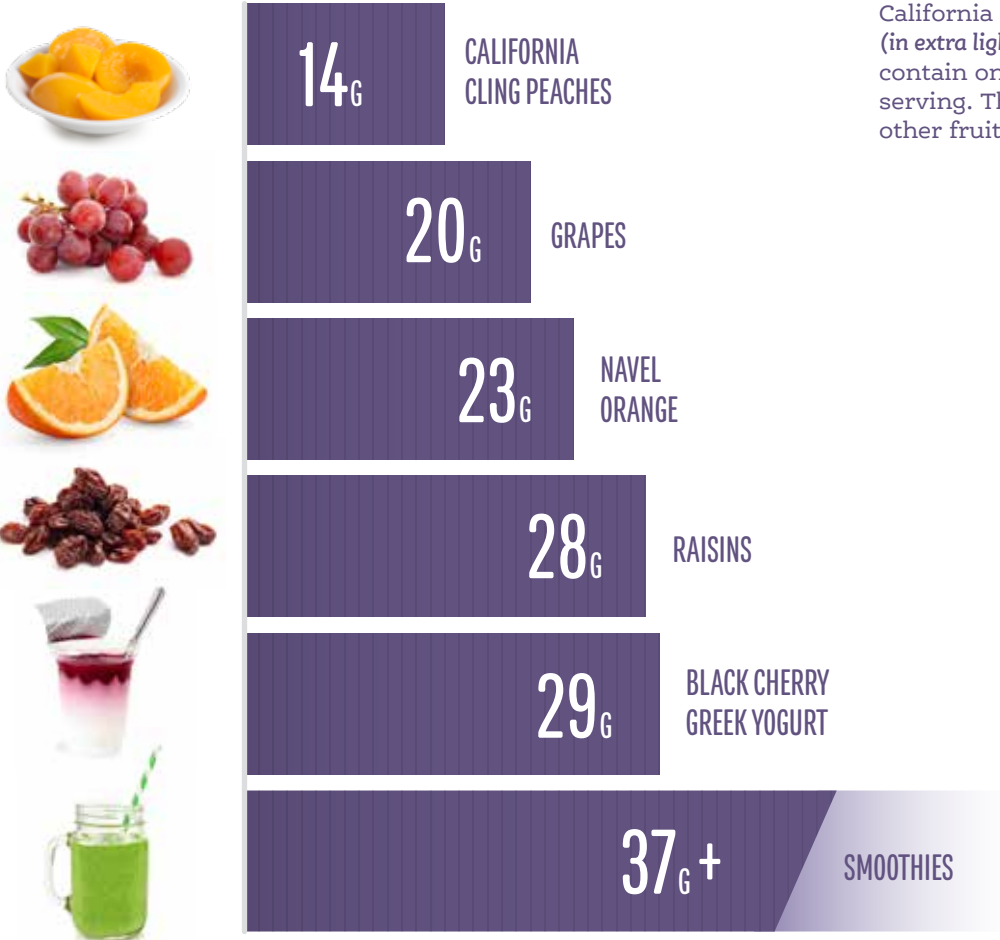
"With canned foods, Americans can stretch their food budget, get virtually the same nutrition as fresh and frozen fruits and vegetables and alleviate accessibility, storage and food safety issues."



# NUTRITIONAL EQUIVALENCY OF CALIFORNIA CLING PEACHES TO FRESH PEACHES

## CORE BENEFIT 2

CANNED CALIFORNIA CLING PEACHES HAVE LESS SUGAR PER SERVING.



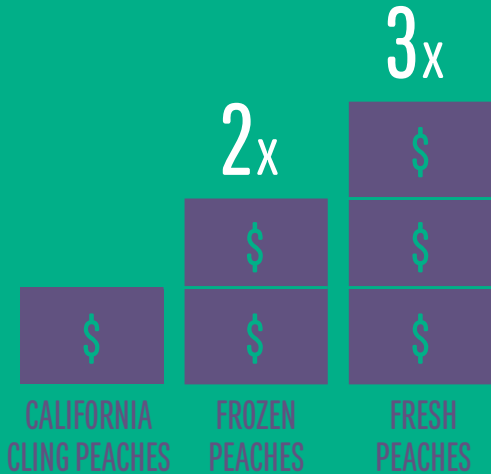
California Cling Peaches (in extra light syrup or 100% juice) contain only 14g of sugar per serving. That's much less than other fruit choices.

# NUTRITIONAL EQUIVALENCY OF CALIFORNIA CLING PEACHES TO FRESH PEACHES

## CORE 3 BENEFIT

CANNED CALIFORNIA CLING PEACHES DELIVER MORE NUTRIENTS FOR LESS MONEY.

California Cling peaches deliver the most affordable nutrition to families. In addition to providing equivalent or better nutrition than fresh or frozen, canned California Cling peaches do so for far less money per serving.



Canned peaches can cost up to 3x less than fresh and 2x less than frozen.



## VALUE EXTENDS EVEN FURTHER TO OUR MOST VULNERABLE

Canned California Cling Peaches in 100% juice are approved by the USDA as part of WIC (Women Infants and Children) programs nationwide.

# AMERICAN CONSUMERS MISUNDERSTAND THE NUTRITION, VALUE AND CONVENIENCE OF CANNED FRUITS AND VEGETABLES.



## UNDERSTANDING NUTRITION EQUIVALENCY

Only 18% of respondents understand canned fruits and vegetables are as nutritious as fresh. Just 27% agree that canned foods are as nutritious as their frozen counterparts.

Source: Canned Food Alliance Survey, 2013

TRUSTED HEALTH ADVISORS LIKE YOU ARE A CRITICAL LINK IN THE INFORMATION CHAIN TO HELP CONSUMERS UNDERSTAND HOW TO MAKE HEALTHY CHOICES FOR FEEDING THEMSELVES AND THEIR FAMILIES.

## LOW AFFORDABILITY AND AVAILABILITY OF FRESH FOOD OPTIONS ARE A CORE ISSUE OF AMERICA'S OBESITY EPIDEMIC.

While researchers emphasize the importance of access to fresh produce, much of the literature suggests that low-income households have limited access to quality grocery stores, and that shelf-life is an important feature of their food stocks. Canned and frozen packaging extends the effective life of fruits and vegetables, and they are also price competitive with regard to per-serving nutrient uptake.

Source: Darmon, N., M. Darmon and M. Maillot, A. Drewnowski. "A Nutrient Density Standard for Vegetables and Fruits: Nutrients per Calorie and Nutrients per Unit Cost". Journal of the American Dietetic Association, Vol. 105, No. 12 (2005): 1881-1886.





# BUY AMERICAN.

# EVERYONE WINS.

## NUTRITION PROFESSIONALS

Not all Cling peaches are created equal. Help your clients identify California grown Cling peaches in their store.

USUALLY ORIGIN STATEMENTS ARE  
LOCATED ON THE BACK



BUT ARE SOMETIMES LOCATED ON  
THE BOTTOM OF THE CAN

## FOOD SERVICE PROFESSIONALS

California has two peach canning companies. Ask your distributor for Cling peaches bearing one of these labels.



TO LEARN MORE VISIT [CALIFORNIACLINGPEACHES.COM](http://CALIFORNIACLINGPEACHES.COM)

NOT PICTURED: BOUNTIFUL HARVEST (IMA); SUN SOURCE (UNIPRO); ELLINGTON (BEN E. KEITH)