Fresh Fruit of the Month

Nectarine

- The sweet and delicious nectarine is closely related to the peach.
- Nectarines provide a good source of Vitamin A, dietary fiber, and Vitamin C. They contain phytonutrients which help your body fight disease and promote good health.
- Nectarines are also a good source of some B Vitamins, such as niacin, pantothenic acid, thiamin, and pyridoxine. They also contain many minerals and electrolytes.
- One whole nectarine contains only about 44 calories and is free of fat, cholesterol, and sodium.