

## Nutrition of yellow peaches

Canned peach production season: July-August

Yellow peach is a nutritious fruit, which is rich in Vitamin C, cellulose, carotene, lycoxanthin, lycopene, and various microelements, of which its selenium and zinc contents are obviously higher than other ordinary peaches.

It also contains malic acid, citric acid, etc.

## Apricot

Canned apricot production season: May-June

Apricot is one of the main fruits in northern China, with ripen early, bright in color, juicy and sweet in taste as its characteristics, playing an important role in the fruits market between the season of spring and summer, thus people enjoy it very much. Its flesh is nutritious containing vitamin, inorganic salt, and a variety of organic ingredients. Its almond is even richer in nutrition, with protein of 23-27%, crude fat of 50-60%, and carbohydrate of 10%. It also contains phosphor, iron, potassium, etc. and various vitamins.

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## Pear

Canned pear production season: August to May

Pear is said to be originated from China, with a history of 3000 years. It has a plenty of varieties, Dangshan pears, Yali pears, Gong pears, and sha pears etc. It tastes sweet and sourish, with cool tonic characteristic.

## Apples

Canned apple production season: November to February

Apple is also known as the "wisdom fruit", and "memory fruit", because it helps to improve human wisdom and memory. It is very rich in sugar, vitamins, and various mineral minerals, and more important, it is rich in zinc, which is the important composition in human body for the helping of growth.

## Asparagus

Canned asparagus production season: April to July

Asparagus is one of the top 10 famous vegetable in the world, also known as the "King of vegetables". It contains various amino acids, protein and vitamins, with higher contents than other ordinary fruits and vegetables. Its asparagine and microelements such as Selenium, molybdenum, Chormium, manganese, etc. can help to adjust the body metabolism and to improve immunity.

## Green peas

Canned green peas production season: May

Green peas are in rich in unsaturated fatty acids and a soybean phospholipids. It helps to keep the elasticity of blood vessel, have brain-tonifying effect, and to prevent fatty liver.