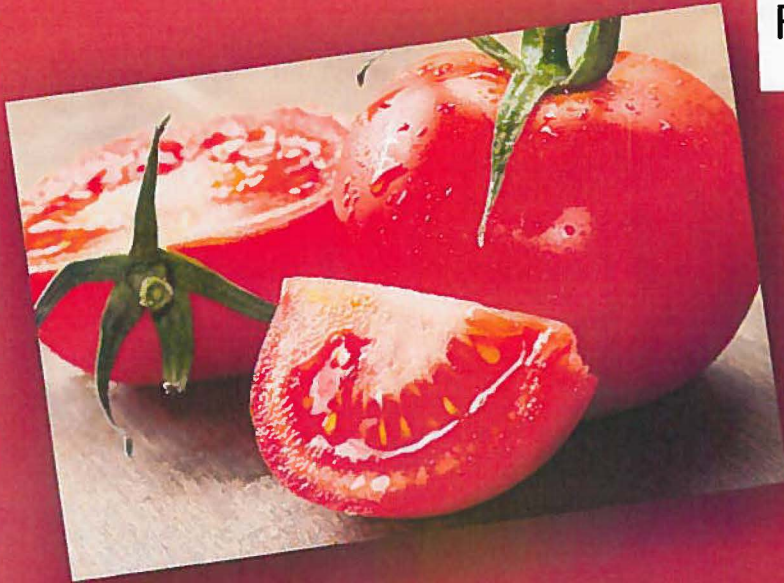


# TOMATO



## Fresh Fruit & Vegetable Program

### Nutrition Facts

Serving Size 1/2 cup (90g)

		% Daily Value
<b>Calories</b>	16	
<b>Total Fat</b>	0g	0%
<b>Sodium</b>	5mg	0%
<b>Total Carbohydrate</b>	4g	1%
	Dietary Fiber 1g	4%
<b>Protein</b>	1g	

### Health Benefits

- High in the antioxidants (lycopene, lutein, beta carotene) which may help protect against heart disease and cancer.
- Aid in heart health by lowering LDL and total cholesterol, and triglycerides.

## DIFFERENT USES

- Enjoy fresh tomatoes raw in salsa, salads or sandwiches.
- Cooking methods include; baked, broiled, roasted, boiled, or stewed.
- Add cooked tomatoes to sauces and hot dishes.
- Top your pizza with sliced fresh tomatoes.
- Try microwaving by taking out the stem, cutting in half, and microwaving high for 3-4 min for 4 halves.

## FUN FACT

- Cooking tomatoes increases the levels of the antioxidant lycopene, so foods such as marinara sauce is one of the best food sources.
- About 96% of the tomatoes produced in the U.S. are grown and processed in California.
- Tomatoes taste best if not refrigerated; refrigerate only if you can't use them before they spoil.