

EAT YOUR TOMATOES



Nutrition Facts

Serving Size: 1 cup, chopped, red tomato (180g)
Calories 38 Calories from Fat 5

	% Daily Value
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 16mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	

Vitamin A 22% Calcium 1%
Vitamin C 78% Iron 5%

Source: www.nutritiondata.com



More Tomato Fun

Find your way through the edible maze. Then color in the variety of fruits and vegetables.



Source: 5 a Day-Power Play Community Youth Organization Idea & Resource Kit, California 5 a Day-Power Play! Campaign, 2000.

Recommended Daily Amounts of Fruits and Vegetables*

Children, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

*If you are active, try to eat the higher number of cups per day.

Visit www.mypyramid.gov/kids to learn more.

Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors.

Eat a colorful variety of fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Tomatoes can be red, yellow or green.

- Red fruits and vegetables help maintain a healthy heart and memory function. Examples are:
 - Red tomatoes, red apples, pink grapefruit, red peppers, radishes and beets.
- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples are:
 - Yellow tomatoes, yellow pears, cantaloupes, pumpkin, yellow peppers, rutabagas and butternut squash.
- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples are:
 - Green tomatoes, green apples, green grapes, honeydew, Chinese cabbage, green beans and zucchini.

How Much Do I Need?

A serving of tomatoes is about one cup chopped tomato. This is about two cupped handfuls. If you cannot eat this much, try a smaller amount. It will help you to reach your total amount of fruits and vegetables for the day.

