

# EAT YOUR TOMATOES



## Nutrition Facts

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

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

**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](http://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.

