TOMATO
September

Circle all the tomatoes and tomato products on the menu.

- How many did you find?
- How many do you plan to eat this month?
- What is your favorite tomato or tomato product?
EAT YOUR TOMATOES

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

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.

Recommended Daily Amounts of Fruits and Vegetables*

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<tbody>
<tr>
<td>Children, Ages 5-12</td>
<td>Teens, Ages 13-18</td>
<td>Adults, 19+</td>
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<tr>
<td>2½ - 5 cups per day</td>
<td>3½ - 6½ cups per day</td>
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*If you are active, try to eat the higher number of cups per day. Visit www.mypyramid.gov/kids to learn more.