

Harvest of the Month

Network for a Healthy California

Botanical name: *Solanum lycopersicum*



TOMATOES

Circle all 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

Nutrition Facts

Serving Size: ½ cup tomatoes, sliced (90g)
 Calories 16 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A 15%	Calcium 1%
Vitamin C 19%	Iron 1%



More Tomato Fun

Find your way through the edible maze. Then color the fruits and vegetables, label them, and draw stars next to the ones you like to eat.

Edible Maze



Reasons to Eat Tomatoes

Eating a ½ cup of sliced tomatoes is a good way to get vitamin C and vitamin A. Tomatoes are also a great source of lycopene. Lycopene can help keep your heart and immune system healthy. Your body cannot make lycopene so you need to get it from most red fruits and vegetables.

Lycopene Champions*:

Pink grapefruit, salsa, spaghetti sauce, tomatoes, and watermelon.

*Lycopene Champions are a good or excellent source of lycopene.

How Much Do I Need?

A ½ cup of sliced tomatoes is about one small tomato. This is about the same as one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below to find out how much you need to eat every day. Set a goal for how you plan to eat the amount that is right for you. Keep a journal to track how many fruits and vegetables you eat and how much physical activity you get every day. Remember: you should aim for 60 minutes of activity every day!

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

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

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



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips.
 © California Department of Public Health 2010.

