Harvest of the Month
Network for a Healthy California

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%

Other nutrients: Vitamin K (9%), Potassium (6%), Beta-carotene (404mcg), Lycopene (2316mcg), Lutein+zeaxanthin (111mcg)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11529

CHAMPIONS for CHANGE
Network for a Healthy California

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