

EAT YOUR TOMATOES

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.

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

Arizona Nutrition Network



This material was adapted from the California Nutrition Network for Healthy Active Families. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.