“EAT YOURSELF HEALTHY” GARDEN
Crops with off-the-chart nutritional power

TOMATO

Nutrition Facts
Serving Size: 1 cup

% Daily Value*
Calories 43
Dietary Fiber 2g 7%
Vitamin A 23%
**Vitamin C 91%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Top your pizza or bruschetta, slice them on a salad or cook them down to a thick sauce for a potent source of Vitamin C. Tomatoes are rich in lycopene, a carotenoid more available to your body after heating. This makes them even more nutritious cooked than raw.

Current Research Questions:

Researchers are investigating the potential of lycopene in tomato-based foods to help prevent prostate cancer.