



As Fresh As Fresh Gets

Low fat
Saturated fat-free
Sodium-free (less than 5mg sodium per 85g)
Cholesterol-free
Low in calories
Good source of Vitamin A, high in Vitamin C

Tomatoes

NUTRITION FACTS		% daily value*	
Serving Size: 1 medium tomato (148g)	Total Fat 0g	0%	Vitamin A 20%
Amount Per Serving	Saturated Fat 0g	0%	Vitamin C 40%
Calories 25	Cholesterol 0mg	0%	Calcium 2%
Calories from Fat 0	Sodium 20mg	1%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	Total Carbohydrate 5g	2%	
Source: Nutrition & Produce Labeling Guide	Dietary Fiber 1g	4%	
	Sugars 3g		
	Protein 1g		

