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NUTRITION AND YOU...TOMATOES

FOOD FOR THOUGHT

Tomatoes are among the most popular fruits eaten by Americans. Even though tomatoes are fruits they are typically thought of as vegetables. They are available in many colors (red, green, yellow) and shapes. Tomatoes can be eaten raw or can be sautéed, grilled, stuffed or stewed and can be added to many dishes. Ketchup, tomato sauce, pizza, cocktail sauce, and barbecue sauces have tomatoes as a main ingredient.



Note: 1 large tomato provides 1 cup of your daily vegetable requirement.

SHOP SMART

In Ohio, locally grown tomatoes can be found from early July to the middle of October, or until frost. Fresh tomatoes are available year round since they can be grown in greenhouses. Choose plump tomatoes with smooth skins that are free from bruises, cracks, or blemishes.

EAT HEALTHY

Tomatoes are:

- An excellent source of Vitamins A and C
- Fat free
- Cholesterol free
- Low in sodium
- Low in calories

KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food
- Wash tomatoes under running water before eating or cutting them
- Keep foods that will be eaten raw (like tomatoes) separate from raw meat, poultry or seafood
- Cut away damaged or bruised areas
- Discard tomatoes that look rotten

Your Local Story here:

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND
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RECIPE

Broiled Tomatoes and Cheese

Ingredients:

- 3 large, firm tomatoes
- 8 ounces cottage cheese, low fat
- 1/2 teaspoon dried basil
- 1/8 teaspoon black pepper
- 1/4 cup plain bread crumbs
- 1 teaspoon vegetable or olive oil, plus extra for brushing on pan

Instructions:

1. Wash tomatoes and cut in half.
2. Mix cottage cheese, basil and pepper.
3. Spread cheese on tomato halves.
4. Toss oil with bread crumbs.
5. Sprinkle bread crumbs over cheese and tomato halves.
6. Brush broiler pan with oil.

Nutrition Facts – Broiled Tomatoes and Cheese

Cost: Per Recipe: \$ 3.68 Per Serving: \$ 1.23
Serving Size: 2 tomato halves (1/3 of recipe)
Calories: 120 Calories from Fat: 15

Per Serving	% Daily Value*
Total Fat – 1.5 g	2%
Saturated Fat – 0.5 g	3%
Dietary Fiber - 3 g	12%
Sodium – 380 mg	16%
Sugars – 7 g	
Protein – 12 g	

*Percent daily value Based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

7. Place prepared tomatoes on a pan and broil about 10 minutes.

REMEMBER:

Eat more than one kind of vegetable each day.



FOCUS ON FITNESS

Being active is a part of being healthy. Jumping rope is a great way to increase your heart rate. It also will help build muscle strength in your legs and arms. Another easy way to build muscle strength is by marching in place. This exercise also increases your coordination.

REFERENCES

- The Recipe Finder. SNAP-Ed Connection, recipefinder.nal.usda.gov/
- United States Department of Agriculture, choosemyplate.gov
- The Wellness Encyclopedia of Food and Nutrition, The University of California at Berkeley, 1992

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