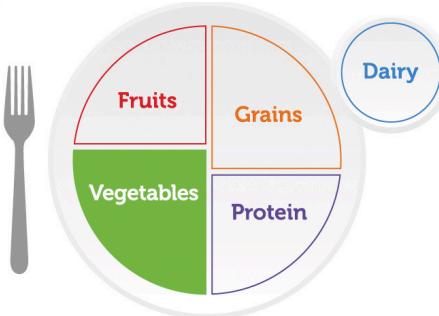




Harvest of the Month  
NEBRASKA

# Tomato



**MyPlate.gov**



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find more NE Team  
Nutrition resources.



## VARY YOUR VEGGIES

Make half your plate  
fruits and veggies!

Tomatoes count as a  
vegetable. Try tomatoes  
and other colorful  
vegetables to stay healthy!



## WHAT IS IT?

Tomatoes are a popular garden  
vegetable in the U.S. They come in  
many shapes and colors. Enjoy fresh  
in the summer or canned all year long.

## FUN FACTS & TIPS



Tomatoes are really a fruit but  
in 1893, the Supreme Court  
ruled them as a vegetable.



Add tomatoes to a sandwich or  
salad to eat more vegetables.

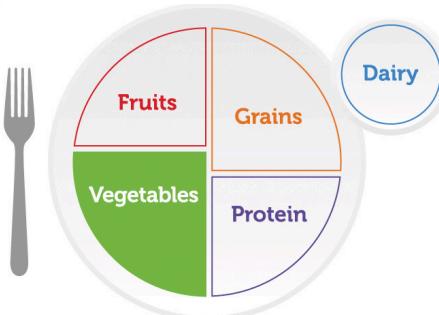


Mix them with melon for a  
fresh summer salad.



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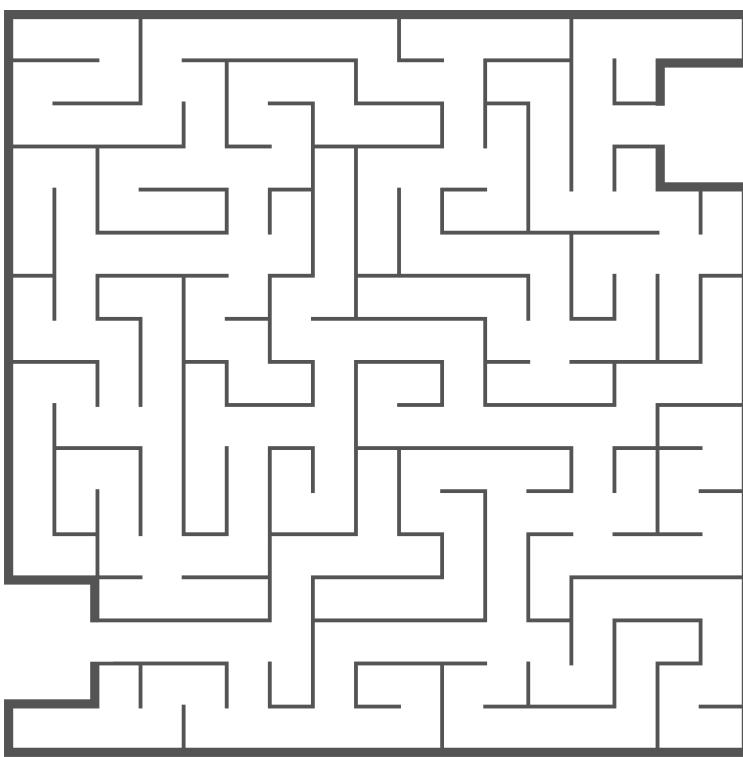
This resource was created based on similar MyPlate Food Fact Cards developed by the USDA,  
which can be accessed at <https://www.myplate.gov/resources/print-materials?>  
f%5B0%5D=resource\_type%3A1177.

This project was funded using U.S. Department of Agriculture grant funds.

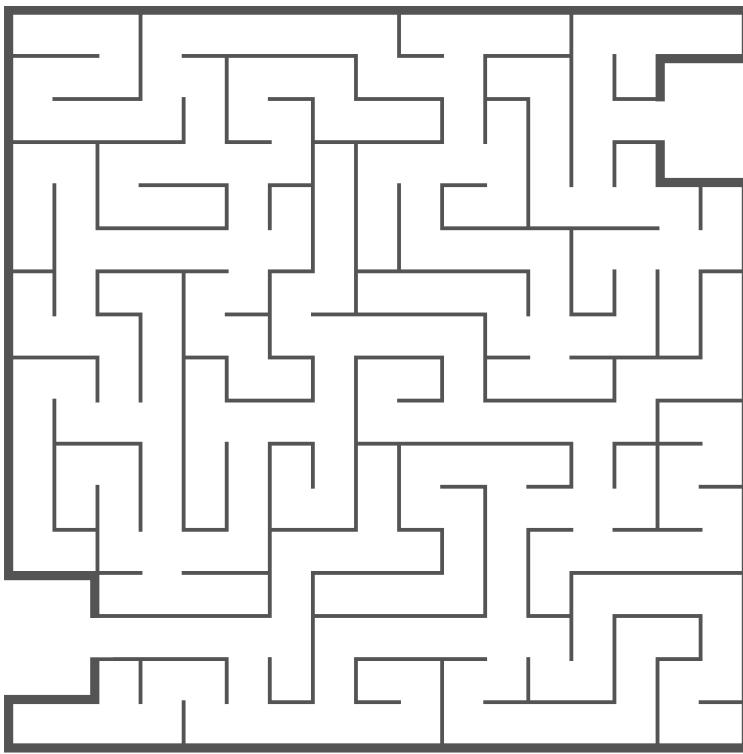
This institution is an equal opportunity provider.



Can you help the tomatoes  
find the tasty foods below?



Can you help the tomatoes  
find the tasty foods below?



Tomatoes are great on their own  
or as a part of many meals.



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