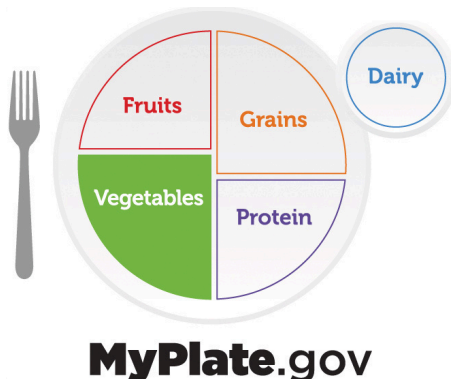


Tomato



MyPlate.gov

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.



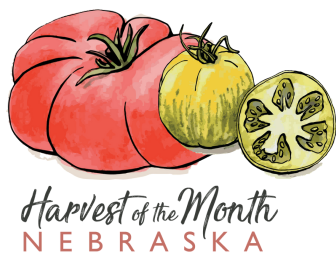
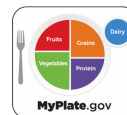
Mix them with melon for a fresh summer salad.



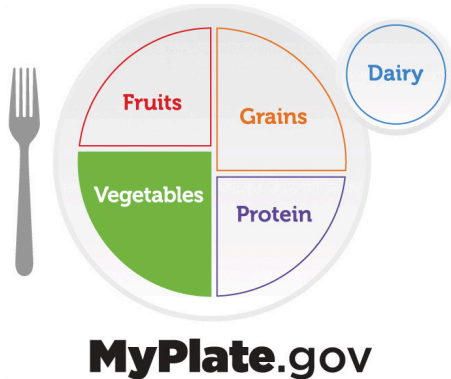
Scan QR code to find more NE Team Nutrition resources.



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.



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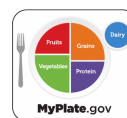
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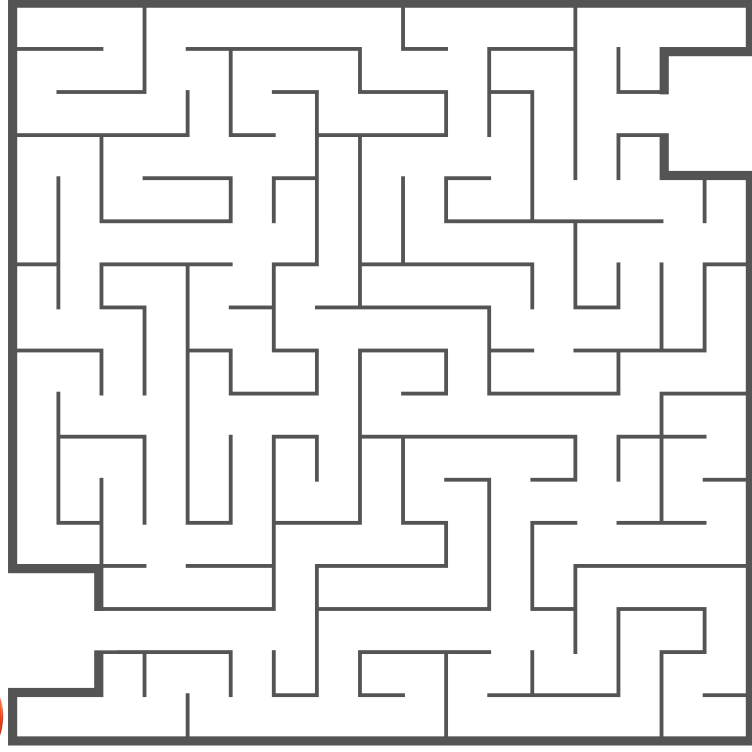


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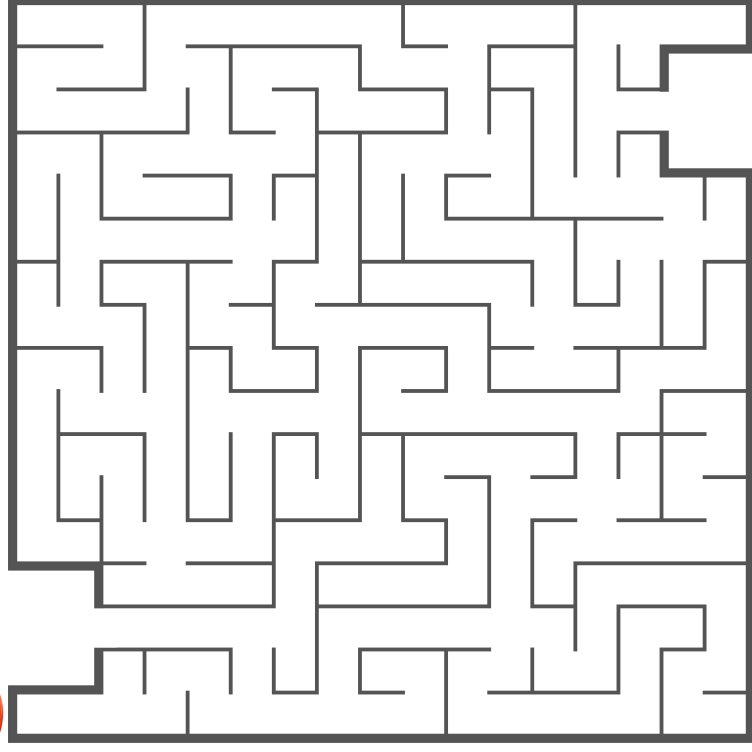
Can you help the tomatoes
find the tasty foods below?



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



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