



# FRESH FRUIT AND VEGETABLE PROGRAM

Nutritional Education

## ORANGE CHERRY TOMATOES

### **NUTRITIONAL INFORMATION:**

Like other tomatoes, orange cherry tomatoes are a good source of vitamins A and C, potassium, and antioxidants such as beta-carotene and lycopene.

### **FUN FACTS:**

- Orange cherry tomatoes get their color from a gene mutation, making them sweeter and juicier than other cherry tomatoes!
- Cherry tomatoes are a type of fruit from the nightshade family, and their name comes from their resemblance to cherries.

