

CHERRY TOMATOES



What shape is the food you are eating?
Can you name other foods that are the same shape?

PRODUCE PARTICULARS

Cherry tomatoes are a small variety of tomato that is named for its shape which resembles a cherry. Sometimes sold on the vine, the vegetable can be red, yellow, orange, green or almost black.

Cherry tomatoes provide Vitamins A & C, two nutrients that are important for your immune system.

Tomatoes get their red color from lycopene, an antioxidant that helps protect your cells. Cooking tomatoes with olive oil may make the lycopene more available for your body to use!



Nutrition Facts

1 serving per container		
Serving size	100 g	
Amount per serving		
Calories	20	
	% Daily Value *	
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 5mg	0%	
Total Carbohydrate 4g	1%	
Dietary Fiber 1g	4%	
Total Sugars 3g		
Includes 0g Added Sugars	0%	
Protein 1g		
Vitamin D 0mcg	0%	
Calcium 10mg	0%	
Iron 0.3mg	2%	
Potassium 240mg	6%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4

FRESHEALTH