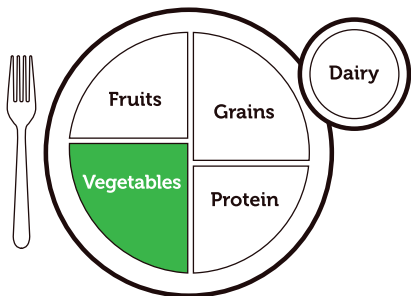




Tomato

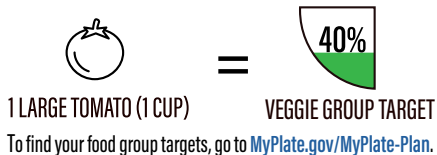
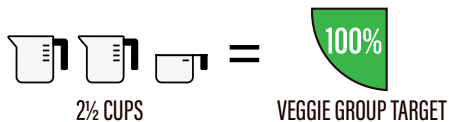
WHAT IS IT?

One of America's most popular garden veggies, the tomato comes in hundreds of varieties. Enjoy fresh in the summer and canned year-round.





HOW IT FITS INTO MYPLATE


A 2,000 calorie diet has a daily Vegetable Group target of 2½ cups. By eating 1 large tomato, you're almost halfway there!



FUN FACTS & TIPS

 Though tomatoes are botanically a fruit, the Supreme Court ruled them a vegetable in 1893.

 Add slices of tomato to your sandwich as an easy way to work toward your Vegetable Group target.

 Tomatoes are versatile! Mix them with melon for a fresh summer salad.

VARY YOUR VEGGIES

Aim to make half your plate fruits and vegetables. Tomatoes are a nutritious addition to help you get there.



For more information, go to [MyPlate.gov](https://www.MyPlate.gov).

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