

Pick a **better** snack™



Tomatoes

Wash. Eat. How easy is that?

Did you know? Ripe tomatoes can be red, yellow or orange. Their size varies from full to cherry- or grape-sized. In 1893, the U.S. Supreme Court ruled that tomatoes are a vegetable.



Tomatoes are low in calories and add bright color, juicy flavor, and plenty of vitamin C, dietary fiber, beta-carotene and lycopene.

Buying and storing tips: Handle ripe tomatoes gently. Look for tomatoes with bright, shiny skins and firm flesh. Avoid those with blemishes, cracks or soft spots, or that are lacking in color. Store unwashed ripe tomatoes on a counter between 60-80° F., away from direct sunlight, for up to 3 days. Refrigerate tomatoes, uncovered, only if you want to keep them from ripening further. To ripen tomatoes, place them stem end up in a paper bag with several holes in it, fold the top over and store at 60-80° F. Check daily.

On the Go – with Tomatoes! • Rinse fresh tomatoes under cold running water to remove dirt. Cut out the core and any damaged areas. • Add tomatoes to pizzas, pastas, salads, soups, stews – or enjoy eating them plain! • To retain more juice in each slice, cut lengthwise from stem to blossom end. • Canned tomatoes, salsa and catsup are quick options that are available all year.

(Open can. Eat. How easy is that?)

Tomatoes. Wash. Eat.
(How easy is that?)

Pick a **better** snack™



For more information about healthy eating, contact your local extension office. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, contact your local SRS Service Center or call 1-800-221-5689.



Pick a **better** snack campaign developed by the Iowa Nutrition Network and Iowa Team Nutrition. Contents of this publication may be freely reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Department of Human Nutrition, Kansas State University. June 2007. Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, Kansas. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts, and the U.S. Department of Agriculture cooperating.