

Tomato

When ripe, the skin and flesh of most tomatoes are red or reddish-orange. They are usually round or oval shaped. Tomatoes range in size from 1 to 6 inches. Small seeds on the inside can be eaten.

Tomatoes are vegetables which grow on plants.

The tomato originated in the Andes Mountains in South America.

Maya and Aztec people grew tomatoes. Its name is derived from the Aztec word "tomatl".

Spanish explorers introduced the tomato to Europe in the 1600's where it was embraced by Spaniards and Italians.

Tomatoes are in the fruit family, but they are served and prepared as a vegetable. They are one of the most popular vegetables eaten by Americans.

VARIETIES

There are thousands of tomato varieties. The most widely available varieties are classified into three groups: cherry, plum and slicing tomatoes.

Tomatoes are grown in Iowa.

NUTRITION FACTS

- Fat free
- Cholesterol free
- Very low Sodium
- Good source of vitamin A
- High in vitamin C

Tomatoes can
be eaten raw or cooked
(baked, stewed, grilled
or stir-fried). They are
wonderful to eat alone. Add
to salads and sandwiches.
Other popular ways to enjoy
tomatoes are in soups, salsas

and sauces. Tomato sauce is used in many pasta dishes such as spaghetti and on pizza.

Ketchup is made from tomatoes.



















Funded in part by USDA's Supplemental Nutrition Assistance Program in cooperation with the lowa departments of Public Health and Human Services, equal opportunity providers and employers. The lowa Food Assistance Program can help you buy nutritious food for a healthy diet. To find out more, visit www.yesfood.iowa.gov.

