Tomato Wellness Wellness Makes it BETTER

All it takes is one serving of tomato products to boost the taste, color, and nutrition power of your favorite foods!

Turn Plain Noodles into...

Super Spaghetti by adding Marinara Sauce!



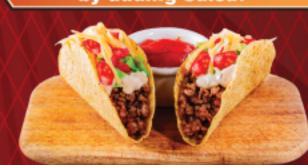


Tomatoes make spaghetti higher in at least 25 key nutrients, such as:

Turn a Plain Beef Soft Taco...



into a Spectacular Taco by adding Salsa!



Tomatoes make tacos higher in at least 19 key nutrients, such as:

 Without Tomatoes
 Make it Better with 1/2 cup of salsa

 23% DV
 Protein
 27% DV

 10% DV
 Fiber
 18% DV

 2% DV
 Vitamin A
 10% DV

 2% DV
 Vitamin E
 10% DV

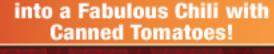
 5% DV
 Potassium
 16% DV

 Antioxidants

 0 mcg
 Lycopene
 ★13,670 mcg

 48 mcg
 Beta-carotene
 276 mcg

Transform plain Chili Beans...







Tomatoes make chili beans higher in at least 23 key nutrients, such as:

Without Tomatoes		Make it Better with 1/2 cup of canned tomatoes
26% DV	Fiber	31% DV
4% DV	Vitamin C	23% DV
0% DV	Vitamin E	4% DV
29% DV	Iron	36% DV
	Antioxidants	
0 mcg	Lycopene	🜟 3,321 mcg
0 mcgL	utein+ Zeaxanthin	103 mcg
0 mcg	_Beta-carotene	84 mcg

Note: DV = Daily Value, recommended needs based on 2,000 calories per day; Based on 1 cup of cooked spaghetti and $\frac{1}{2}$ cup marinara sauce; 1 beef soft taco and $\frac{1}{2}$ cup salsa; $\frac{1}{2}$ cup chili beans and $\frac{1}{2}$ cup canned tomatoes. **Source:** USDA

