

# Tomato 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:**

*Without Tomatoes*

*Make it Better with 1/2  
cup of marinara sauce*

16% DV	Protein	21% DV
10% DV	Fiber	24% DV
0% DV	Vitamin A	20% DV
0% DV	Vitamin E	16% DV

#### Antioxidants

0 mcg	Lycopene	★ 16,264 mcg
0 mcg	Lutein+ Zeaxanthin	236 mcg
0 mcg	Beta-carotene	576 mcg

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...

into a Fabulous Chili with  
Canned Tomatoes!



**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 mcg	Lutein+ 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 1/2 cup marinara sauce; 1 beef soft taco and 1/2 cup salsa; 1/2 cup chili beans and 1/2 cup canned tomatoes. **Source:** USDA

