NEP Nutrition Education Program

University of Nebraska Lincoln EXTENSION

Selection:

Choose tomatoes with bright, shiny skins and firm flesh. Avoid tomatoes that are soft or bruised.

Storage:

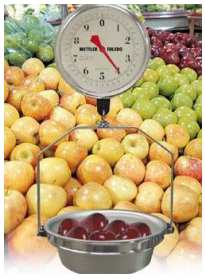
Store unwashed tomatoes at room temperature away from direct sunlight for up to 1 week..

Dry Storage: Up to 1 week

Use:

Rinse tomatoes in cold water. Tomatoes can be stuffed, sliced, chopped, or cut into wedges. Tomatoes can be eaten raw or cooked.

Digital Scale:
The number on the screen = Total Weight



Hanging Scale:
The number the arrow is pointing to = Total Weight

Buying:

Weigh produce to find out exactly how much it will cost. Place the amount of tomatoes you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Tomatoes

Use this table to find the total cost.
Example: What is the total cost for 2 lbs of Tomatoes at $1.29 per lb? **2 lbs x $1.29 = $2.58**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
$ 0.49	$0.49	$0.74	$0.98	$1.23	$1.47	$1.72
$ 0.59	$0.59	$0.89	$1.18	$1.48	$1.77	$2.07
$ 0.69	$0.69	$1.04	$1.38	$1.73	$2.07	$2.42
$ 0.79	$0.79	$1.19	$1.58	$1.98	$2.37	$2.77
$ 0.89	$0.89	$1.34	$1.78	$2.23	$2.67	$3.12
$ 0.99	$0.99	$1.49	$1.98	$2.48	$2.97	$3.47
$ 1.09	$1.09	$1.64	$2.18	$2.73	$3.27	$3.82
$ 1.19	$1.19	$1.79	$2.38	$2.98	$3.57	$4.17
$ 1.29	$1.29	$1.94	$2.58	$3.23	$3.87	$4.52
$ 1.39	$1.39	$2.09	$2.78	$3.48	$4.17	$4.87
$ 1.49	$1.49	$2.24	$2.98	$3.73	$4.47	$5.22
$ 1.59	$1.59	$2.39	$3.18	$3.98	$4.77	$5.57
$ 1.69	$1.69	$2.54	$3.38	$4.23	$5.07	$5.92
$ 1.79	$1.79	$2.69	$3.58	$4.48	$5.37	$6.27
$ 1.89	$1.89	$2.84	$3.78	$4.73	$5.67	$6.62
$ 1.99	$1.99	$2.99	$3.98	$4.98	$5.97	$6.97

Know how. Know now.

IANR

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

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Nutrition:

1 medium Tomato

Nutrition Facts	
Serving Size 1 medium tomato (148g)	
Amount Per Serving	
Calories 25	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	
Vitamin A 20%	Vitamin C 40%
Calcium 2%	Iron 4%

Nutrition facts labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrition content.

The nutrition facts label shown here is for 1 medium tomato. All tomatoes are not the same size, but you can use this to estimate the nutrition content for smaller or larger tomatoes.

Recipe:

Grilled Tomatoes

Preparation Time: 10 minutes
Serves 4
Cups of Vegetables per Serving: ½

Ingredients:

4 ripe tomatoes
1 tablespoon fresh or 1 teaspoon dried oregano
1 teaspoon lemon pepper

Preparation:

1.) Slice tomatoes in half, lengthwise.
2.) Cover grill grid with foil. Place tomatoes on foil and sprinkle with oregano and lemon pepper.
3.) Grill tomatoes with cut side down for about 4-5 minutes.

Nutrition Information per Serving:
Calories 30, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 40 mg, Carbohydrates 6 g, Dietary Fiber 2 g, Protein 1 g.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.