

# Tomato trition

## Tomato Paste is Packed

WITH

# Goodness!



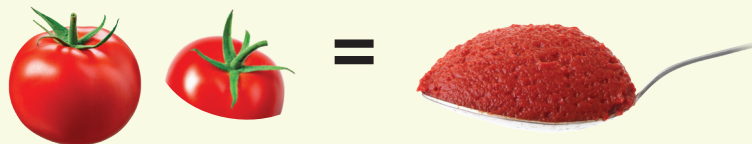
One tomato is  
**94% water**

The rest is made up of  
vitamins and nutrients

Tomato paste,  
found in shelf-stable products, is  
**more concentrated**

It contains

**1.6 whole tomatoes**  
for each tablespoon



Per USDA requirements<sup>1</sup>, in the K-12 lunch program (K-8), students must be offered at least one (½ cup) serving of vegetables each day, and ¾ cup serving of red/orange vegetables each week

**2 tablespoons of tomato paste**

meet this requirement  
and consist of over

**3 whole tomatoes**

Tomatoes are rich in  
key nutrients like  
**potassium**

And an excellent source of  
**vitamins A, B & C**

**Lycopene**

is a powerful antioxidant  
that's in tomatoes

**THE VITAMINS &  
NUTRIENTS OF  
TOMATOES!**

But it's 20Xs  
more bio-available in shelf  
stable tomatoes like  
**sauce & salsa**  
than in fresh tomatoes!

# Tomato Paste DELIVERS

STEALTH NUTRITION TO STUDENTS!



Red Gold Marinara (2.5 oz.)  
and Salsa (3 oz.) offer  
2 tablespoons of tomato paste  
in each serving.

=



or



## Plus, Red Gold Products

- ✓ Meet **USDA GUIDELINES**
- ✓ **USE TOMATOES** as the first ingredient
- ✓ **100% AMERICAN-GROWN** and packed
- ✓ **100% SUGAR & NO HFCS** in condiments
- ✓ Have up to **80% LESS SODIUM**



It all adds up to  
**more nutrition**  
and great taste!



Better  
**Nutrition**  
made simple.™



Learn more about tomato nutrition or Red Gold products at  
[www.k12tomatoes.com](http://www.k12tomatoes.com)

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