## **Tomatotrition**

**Tomato Paste is Packed** 



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

· 🛎 Lycopene

is a powerful antioxidant that's in tomatoes

TOMATOES! 

But it's 20Xs

more bio-available in shelf stable tomatoes like

Sauce & Salsa than in fresh tomatoes!

potassium

And an excellent source of

vitamins A, B&C

## Jomato 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



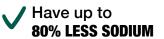
## **Plus, Red Gold Products**

















It all adds up to

more nutrition

and great taste!









Better Nutrition made simple.™





Learn more about tomato nutrition or Red Gold products here!