Have you had your Hunt’s® Tomatoes today?

Each of the following tomato examples shows what a ½ cup serving of tomatoes looks like. The MyPlate goal is to consume 2 ½ cups of vegetables every day.

| 1 small whole tomato | ½ cup diced tomatoes | ½ cup tomato sauce | ¼ cup tomato paste |

Tomato paste is a concentrated source of tomatoes; ¼ cup tomato paste = ½ cup diced tomatoes.

Looking for more recipes that include Hunt’s® Tomatoes?

Visit www.ReadySetEat.com/recipes and search by ingredient.

Tomatoes: A Superfood You Can Take to Heart

Nature’s Healthy Taste Treat
Problem: Most Americans don’t eat enough vegetables

90% of Americans fall short of the USDA’s MyPlate daily goal of 2 1/2 cups of vegetables. Eating more vegetables as part of a diet that’s low in saturated fat is a simple and effective way to support heart health. Partnering with a registered dietitian or health professional is a smart step toward better health.

Regular exercise and good eating habits are essential to cardiovascular health. And when it comes to vegetables, on average, we need to add about a cup a day. Increase the amount of vegetables you eat by starting with vegetables you love, like tomatoes.

Solution: Tomatoes – a delicious, heart-healthy way to eat more veggies every day

Tomatoes are a “superfood” and a highly researched vegetable because they deliver unique dietary benefits:

- Tomatoes are America’s favorite non-starchy vegetable and a delicious, convenient, low-cost and easy way to increase your vegetable intake.
- Tomatoes provide 85% of the lycopene (a potent antioxidant) consumed in the American diet.
- Calorie for calorie, tomatoes provide more potassium than other “go-to” foods that are known for potassium.

How much potassium can you get for 40 calories?

<table>
<thead>
<tr>
<th></th>
<th>Potassium, mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 medium Banana</td>
<td>161</td>
</tr>
<tr>
<td>1/2 cup Orange Juice</td>
<td>179</td>
</tr>
<tr>
<td>1/2 cup Skim Milk</td>
<td>176</td>
</tr>
<tr>
<td>1/2 cup Hunt’s® Tomatoes</td>
<td>310</td>
</tr>
</tbody>
</table>

Why Hunt’s® Tomatoes

Canned tomatoes are superior to raw tomatoes in several ways:

- Lycopene concentration is 5 times greater in a half cup of tomato sauce than in a whole raw tomato.
- Diced, Whole and Stewed Hunt’s Tomatoes are picked at the peak of ripeness and within hours are placed into Hunt’s unique FlashSteam® process, a natural steam process that helps lock in the natural goodness of the tomatoes.
- Hunt’s Tomatoes meet the FDA health claim requirements for foods that help reduce the risk of heart disease.
- Hunt’s Tomatoes are available in many varieties, including No Salt Added options, making it easy to incorporate the health benefits of tomatoes into your daily meals.

No Salt Added varieties available

Southwestern Soup
Calories: 237

3 Health claim criteria met by Hunt’s diced (excluding petite and fire roasted), whole, stewed, pureed and crushed tomatoes.