

Florida Fresh: Tomatoes¹

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Nutrition Facts

Florida's Tomatoes are:

- ✓ High in vitamin C. Vitamin C helps to heal cuts and keeps teeth and gums healthy.
- ✓ A good source of vitamin A. Vitamin A aids in normal vision, healthy skin, and protects against infections.
- ✓ High in lycopene. Studies show that heat-processed tomatoes such as tomato sauce and tomato paste make the lycopene available for absorption by the body. Lycopene, which acts as an antioxidant, helps protect the body's cells from oxygen damage and may reduce the risk of heart disease and certain cancers.
- ✓ A good source of potassium. Potassium helps to control blood pressure.
- ✓ Naturally free of cholesterol and fat, and low in calories and sodium.

Nutrition Facts	
Serving Size 1 cup, chopped or sliced 180g (180 g)	
Amount Per Serving	
Calories 32	Calories from Fat 3
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 9mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	9%
Sugars 5g	
Protein 2g	
Vitamin A 30%	Vitamin C 38%
Calcium 2%	Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Why Buy Locally?

The U.S. Department of Agriculture (USDA) estimates that the average farmers' market produce travels about **50 miles** to its destination, compared to **2,000 miles** for supermarket produce.

Buy locally and get these benefits:



- Freshness and good nutrition. Fruits and vegetables harvested in their peak have better flavor and nutritional characteristics.
- Social/cultural. Helps the community to be aware of the importance of agriculture.
- Environmental. Protects the natural resources such as green space, wildlife, water, air, and soil.
- Economic. Promotes local labor force.

Where are Florida's tomatoes harvested?

The majority of Florida's tomatoes are harvested in **Central and South Florida; Gadsden County in Northwest Florida** is an important producer as well. Varieties of tomatoes are cherry, plum, grape, and slicing (beefsteak). All varieties can be used in salads, but plum tomato is also used in cooked dishes.

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