Characteristics

- Tomatoes are technically a fruit, but count as a serving of vegetables in your diet. They come in different sizes and colors. Each variety may have different flavors, but all have similar nutritional benefits.
- Select tomatoes that are rich in color, smooth skinned, and well-shaped.
- 1 cup of chopped tomatoes contains:
  - 41% of your recommended daily value of vitamin C to support a healthy immune system.
  - 12% of your recommended daily value of potassium to help with muscle contraction and keep the heart and kidneys functioning properly.

Prepare

Always wash tomatoes with running water before preparing or eating.
Try fresh tomatoes:
- **Diced** into cubes as an addition to your favorite savory dish.
- **Sliced** to add flavor to salads and sandwiches.
- **Cherry tomatoes** can simply be enjoyed as a snack.
- **Cooked** into a delicious tomato sauce.

Store

- Store uncooked, uncut tomatoes at room temperature for up to a week.
- If tomatoes become overripe before you are ready to eat them, you can place them in the fridge for up to two more days.
- Chopped tomatoes and cooked tomatoes (such as in sauce) can be refrigerated or frozen for future use.