



Is a Tomato a Vegetable or a Fruit?

The age-old questions...is a tomato a vegetable or a fruit? Well...a tomato is a vegetable. Tomatoes have a similar nutritional content as other vegetables. They do grow on a vine starting as a flower just like cucumbers, squash, beans, and peas.

Red tomatoes offer an additional benefit:

One serving of tomatoes offers:

- An **excellent** source of Vitamins A and C
- A **source** of potassium, Vitamin B6 and thiamin.
- **Lycopene.** Lycopene, the pigment that gives red tomatoes their color, appears to have strong antioxidant benefit. Research suggests that a lycopene-rich diet may be associated with a lower risk of prostate cancer and heart disease.
- Very low in calories and fat and an excellent source of dietary fiber.

Nutrition Facts		
Serving size: 1 cup, chopped, red tomato (180g)		
Calories: 32		Calories from Fat: 3
		% Daily Value
Total Fat	0g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
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%	

Varieties are commonly divided into these categories, based mostly on shape, use and size (small to large):

- **Cherry:** sweet tomatoes, usually eaten whole in salads.
- **Plum:** pear-shaped, meatier, ideal for tomato products, also called Italian or Roma.
- **Slicing:** round or globe-shaped, used mainly for commerce and processed products.
- **Beefsteak:** round, juicy, used mainly for sandwiches

Other varieties include heirlooms and yellow/orange tomatoes. Sweeter than most red or green, yellow/orange tomatoes contain more Vitamin C and potassium, but no lycopene.

Color Groups	Health Benefits
Red	Help maintain heart health, memory function and urinary tract health
Yellow / Orange	Help maintain heart health, vision health and a healthy immune system.
Green	Help maintain vision health and strong bones and teeth



Tomato season is at its height right now, making it the perfect time to try a tomato type you've never tested before. In-season tomatoes usually costs less so you can save money by buying fresh produce now, and making and freezing dishes for the upcoming winter months.