

# Red/Orange is the New Black!



Sharon Palmer, RDN

Gabriela Pacheco, RDN, LDN, SNS



CSNA's 63<sup>rd</sup> Annual  
Conference  
November 7, 2015  
Ontario, CA

**Integrating Nutritious Tomato Products in to Your Menu**

# National School Lunch Program Fruit & Vegetable Concerns

Ripped from the  
Headlines:

Kids Tossing  
Out Fruits and  
Veggies at  
Lunch



## Science News

*from research organizations*

### School lunch study: Visual proof kids are tossing mandated fruits and veggies in trash

In perverse effect, USDA mandate decreased consumption, study shows

*Date:* August 25, 2015

*Source:* University of Vermont

*Summary:* Less than a month before Congress votes on whether to reauthorize a controversial program mandating healthier school lunches, a new study confirms the suspicions of school officials -- many students are putting the fruits and vegetables they're now required to take straight into the trash, consuming fewer than they did before the law took effect.

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Total shares: 507

RELATED TOPICS

FULL STORY

# Kids Tossing Out Fruits and Veggies

## Fruits and Vegetable Consumption Study:

- August study *Public Health Reports* first to use digital imaging to capture student's lunch trays before and after exited lunch line.
- Compared fruit/vegetable intake before and after Healthy Hunger-Free Kids Act 2010, which mandates kids put more fruits and vegetables trays.
- Almost 500 tray observations over 10 visits in 2 elementary schools in Northeast before implementation of USDA guidelines; almost twice as many observations afterwards.





# Kids Tossing Out Fruits and Veggies



## Fruits and Vegetable Consumption Study:

- Digital imaging methodology involved visual estimations/calculations based on photographs of trays as students reached cashier and after passed food disposal area.
- Children put more fruits/vegetables on trays, but consumed fewer and increased waste by 35%.
- "It was heartbreaking to see so many students toss fruits like apples into the trash right after exiting the lunch line," said Sarah Amin, PhD, University of Vermont, study co-author.

# What Fruits and Vegetables are Kids Eating?

- Children preferred processed fruits/vegetables, such as tomato paste on pizza or 100% fruit juice to whole varieties.
- Researchers suggested mixing vegetables in with parts of the meal.
- “An important message is that guidelines need to be supplemented with other strategies to enrich fruit and vegetable consumption,” said Amin.



Study in *Journal of Child Nutrition and Management*, Sarah Amin et al.

# Effect of Entrée/Vegetable Pairings on Plate

## Waste



- Study suggests more than half of all vegetables served in schools wasted, important nutrients ending up in trash instead of nourishing students.
- Found vegetable waste increased after 2012-2013 implementation of USDA revised school meal rules.
- Researchers collected plate waste data from three central Texas elementary schools in USDA NSLP.
- Less popular vegetables on side (i.e. broccoli with chicken nuggets) resulted in more waste.
- Pairing entrées with popular vegetables, such as potatoes resulted in the least amount of waste.

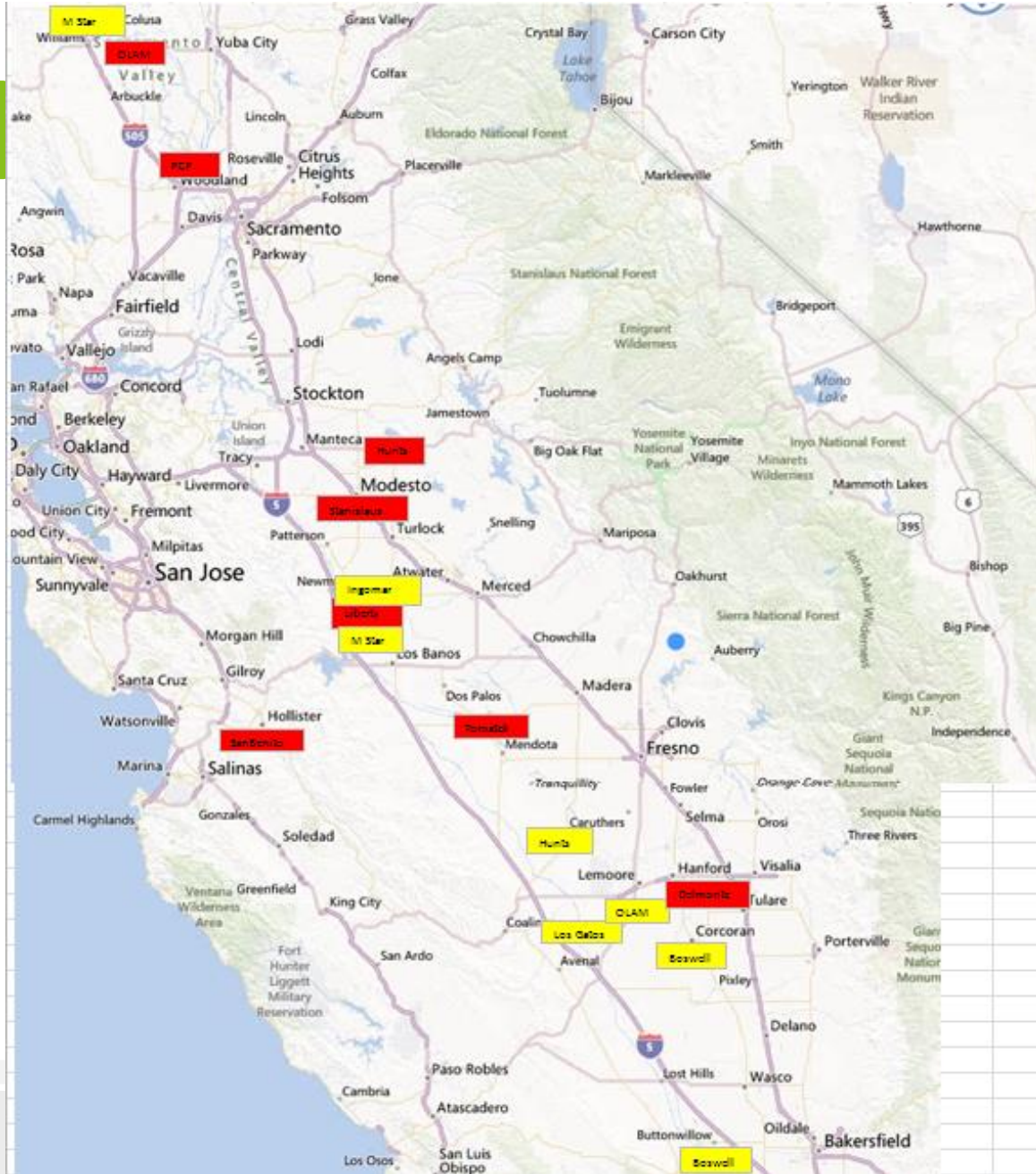
# Tomatoes are Second Most Popular Vegetable, Followed by Potatoes

- New USDA report:
- Tomatoes account for 22% of vegetables grown for Americans
- 66 pounds of tomatoes per person per year; 20 pounds fresh, 46 pounds processed
- Intake of potatoes falling; tomatoes is growing





# California Grows 90% of U.S. Processed Tomatoes



Counties	Acres Planted	
Fresno	99,000	38%
Yolo	35,000	14%
Kings	27,000	10%
San Joaquin	21,000	8%
Merced	13,000	5%
Stanislaus	13,000	5%
Kern	12,000	5%
Colusa	11,000	4%
Solano	9,000	3%
Sutter	7,000	3%
Madera	5,000	2%
Sacramento	2,000	1%
San Benito	2,000	1%
Other	2,000	1%
Santa Clara	1,000	0.4%
	259,000	100%

- California primary growing region for Processed Tomatoes for entire U.S. – special tomato, like a Roma!
- Farm /Field to Can in less than 6 hours – very fresh & nutritious!



## Tomatoes are Hot!



Tomato products fit into many of the most popular, beloved kids meals, including:

- Pizza
- Spaghetti / Lasagna
- Meatloaf with Tomato Sauce
- Tomato Soup
- Salsa

Tomato products are part of many cultural food traditions, including:

- Italian pasta dishes
- Indian curry dishes
- Mexican burritos, tacos

# Tomatoes Are a Nutritional Powerhouse

*Tomato products are loaded with essential vitamins, minerals, and fiber—all in a neat low-fat, low-calorie package.*

One cup of canned tomatoes contains:

- 41 calories
- 0 grams fat
- 2.4 grams fiber
- 2 grams protein
- 37% Daily Value (DV) vitamin C
- 8% DV vitamin A
- 9% DV vitamin K
- 13% DV vitamin B6
- 13% DV iron
- 13% DV potassium
- 9% DV manganese



## Tomatoes' Lycopene Bonus

- Tomato products rich in powerful antioxidant group carotenoids, which inactivate free radicals, protect against cancer, slow development of atherosclerosis.
- Most plentiful carotenoid is lycopene, followed by phytoene, phytofluene, zeta-carotene, gamma-carotene, beta-carotene, eurosporene, and lutein.



- Tomato products responsible for more than 80% of lycopene in U.S. diet; research suggests lycopene may be big factor behind the health-protective effects of tomato products.
- Lycopene in processed tomatoes is much better absorbed; appears to have synergistic effects with other nutrients in tomatoes.



# Tomatoes Fight Inflammation & Oxidative Stress

- Tomato products may help cool down inflammation, root in chronic diseases.
- Research shows people who eat a high-tomato diet have lower levels of inflammatory markers. (*Curr Med Chem*, 2010)
- Eating foods rich in antioxidant vitamins and carotenoids, such as tomato products, linked with reducing oxidative stress markers, LDL-oxidation process—key in the development of cardiovascular disease. (*Mol Nutr Food Res*, 2012)
- Dietary intake of more than 40 mg/day lycopene reduced susceptibility of LDL to oxidation nonsmoking subjects. (*Clin Chem*, 2000)



## Tomatoes are Heart Healthy



- Regular intake tomato products consistently associated with lower rates of CVD.
- Study of nearly 40,000 middle-aged/older women, higher levels tomato-based products linked with lower rates of CVD. (*J Nutr*, 2003)
- Study including 21 healthy participants, three-week high-tomato diet led to significant decrease in LDL cholesterol levels. (*Br J Nutr*, 2007)
- Low-sodium tomato products—naturally rich in potassium—have perfect nutritional profile to fit into DASH Diet.
- Research shows tomato products may aid in hypertension. In single-blind, placebo-controlled study including 31 participants, short-term treatment with tomato extract reduced blood pressure in people with grade-1 hypertension untreated with drugs. (*Am Heart J*, 2006)

## Other Tomato Benefits



- **Cancer Protection.** Research supports lycopene-rich foods, like tomato products, may help reduce risk of some cancers, such as digestive tract and pancreatic cancers, but bulk of evidence linked with prostate cancer. (AICR)
- **Defense Against Sun Damage.** Tomato products may offer natural protection from sun's damaging UV rays. (*Int J Vitam Nutr Res*, 2005)
- **Bone Health.** Laboratory research hints carotenoid intake may protect bone health. (*J Bone Miner Res*, 2009)
- **Glucose Controlling Benefits.** Data from Women's Healthy Study showed at least 10 servings/wk tomato products linked with 66% lower risk of elevated HbA<sub>1c</sub> levels, a marker of glycemic control. (*J Nutr*, 2012)



# Red/Orange Vegetables Added to Dietary

## Guidelines in 2010

- “Increase vegetable and fruit intake.”
- “Eat a variety of vegetables, especially dark- green and red and orange vegetables and beans and peas.”
  - Dietary Guidelines

WEEKLY VEGETABLE SUBGROUP CHART					
	DARK GREEN VEGETABLES	RED AND ORANGE VEGETABLES	BEANS AND PEAS	STARCHY VEGETABLES	OTHER VEGETABLES
AMOUNT PER WEEK					
<b>Children</b>					
2-3 yrs old	1/2 cup	2 1/2 cups	1/2 cup	2 cups	1 1/2 cups
4-8 yrs old	1 cup	3 cups	1/2 cup	3 1/2 cups	2 1/2 cups
<b>Girls</b>					
9-13 yrs old	1 1/2 cups	4 cups	1 cup	4 cups	3 1/2 cups
14-18 yrs old	1 1/2 cups	5 1/2 cups	1 1/2 cups	5 cups	4 cups
<b>Boys</b>					
9-13 yrs old	1 1/2 cups	5 1/2 cups	1 1/2 cups 2 cups	5 cups 6 cups	4 cups 5 cups
14-18 yrs old	2 cups	6 cups			

# Red/Orange Vegetable Category Added to NSLP guidelines



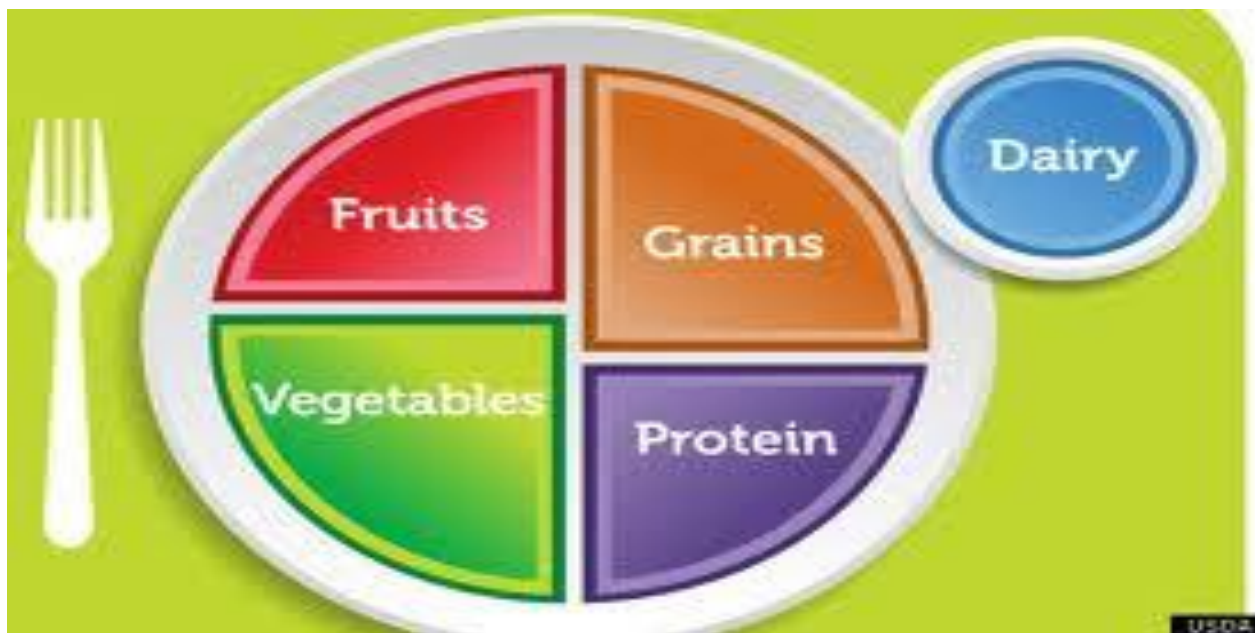
## Vegetables (Lunch)



	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
<b>Vegetables (cups)</b>	3.75 (0.75)	3.75 (0.75)	5 (1)
• <b>Dark green</b>	0.5	0.5	0.5
• <b>Red/Orange</b>	0.75	0.75	1.25
• <b>Beans/Peas (Legumes)</b>	0.5	0.5	0.5
• <b>Starchy</b>	0.5	0.5	0.5
• <b>Other</b>	0.5	0.5	0.75
<b>Additional Veg to Reach Total</b>	1	1	1.5

Source: USDA

## NEW MEAL PATTERN focuses on More Fruits & Vegetables . . .



Red/Orange Category  
Requirements  
Highest of All

K-8 =  $\frac{3}{4}$  cup/week  
9-12 =  $1 \frac{1}{4}$  cup / week



Tomato Products  
are one of  
the Top 2 Vegetable  
Items  
Kids ACTUALLY  
consume, especially  
in canned form!





# Cost of Food

**81.2%**  
indicate  
experiencing  
an increase  
student plate  
waste

**Vegetable waste most  
frequently caused  
increase**

## Plate Waste Trends

What changes, if any, has your school meal program experienced in the amount of food being thrown away by students (i.e. plate waste) for lunch since the implementation of the new meal pattern requirements in SY 2012-13?

Less  
Plate Waste

More  
Plate Waste

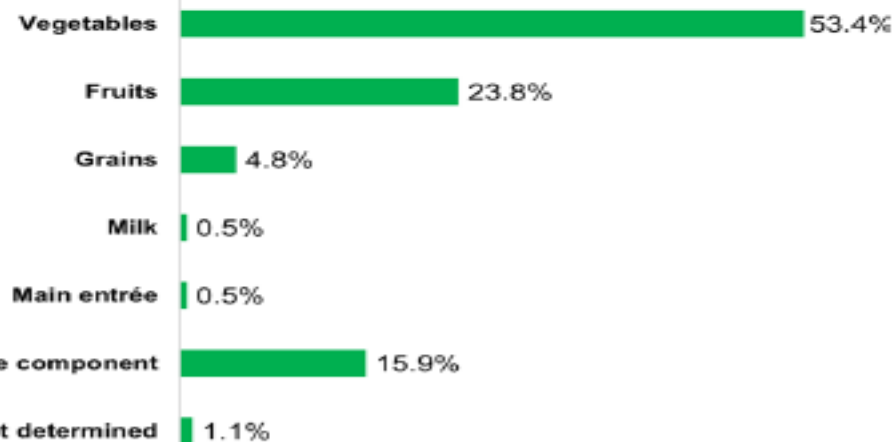
3.0%

81.2%

n = 234

\* Remaining percentage of respondents indicated "little change" in the amount of food being thrown away by students

Which meal component has most caused this increase in plate waste?\*



\* Of the 189 respondents that indicated more plate waste.

Data Source: School Nutrition Trends Survey 2014

# NATIONAL SCHOOL LUNCH PROGRAM PRODUCT AND RECIPE NEEDS

## Help meeting Fruit & Vegetable Requirements

- **Dark Green Vegetables:** Ideas other than broccoli and spinach
- **Red/Orange:** Ideas beyond carrots and sweet potatoes
- **Legumes:** Soups recipes and products, ways of serving cold
- More vegetarian choices/options

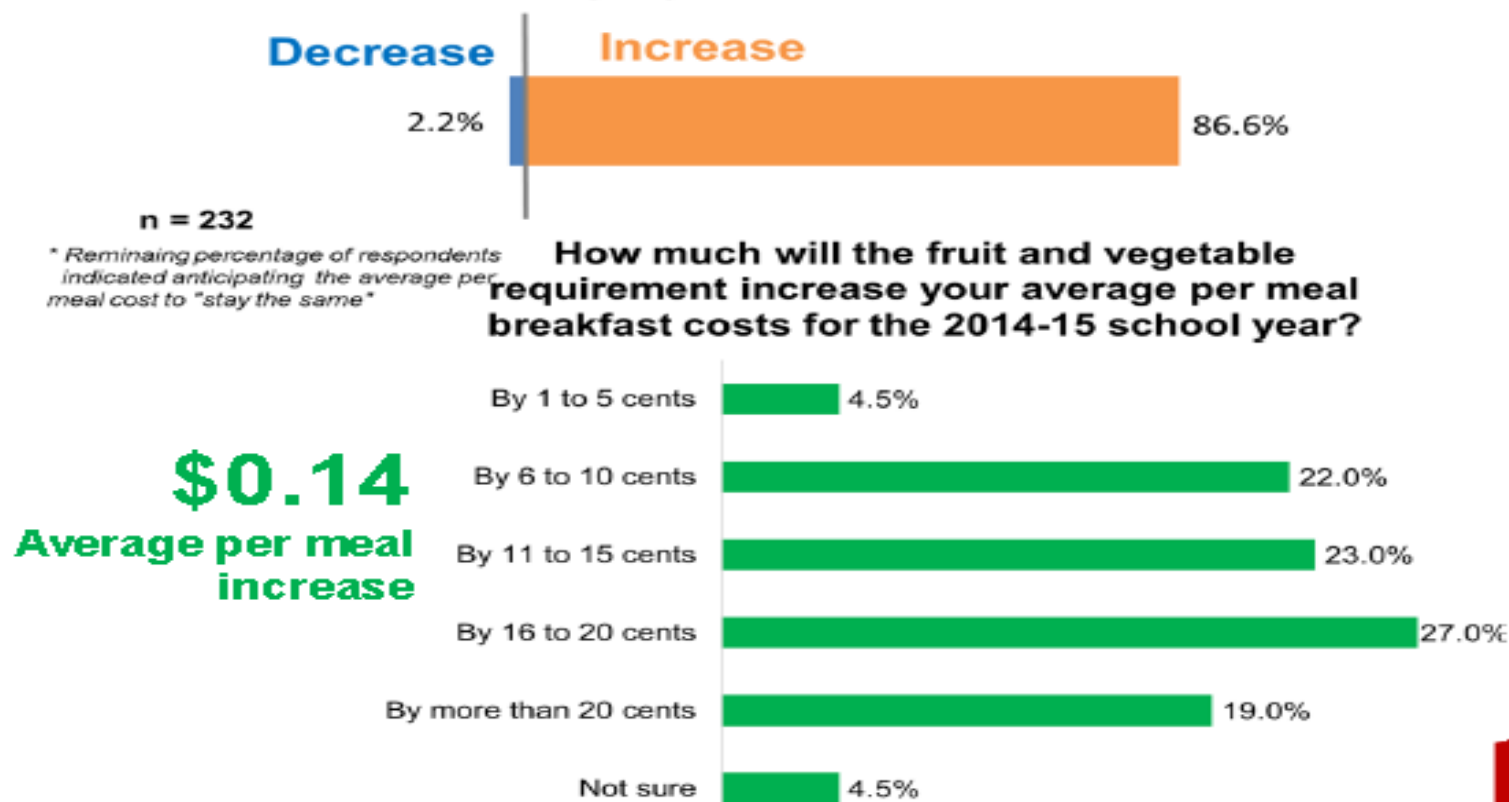


# Fruit & Vegetable



**87% anticipate** that the fruit and vegetable requirement will **increase their average per meal cost for breakfast** for the 2014-15 school year

**Fruit & Vegetable Costs for Breakfast**  
*What change, if any, do you anticipate the fruit and vegetable requirement for breakfast will have on your average per meal costs for the 2014-15 school year (compared to the 2013-14 school year)?*



Data Source: School Nutrition Trends Survey 2014



# MOST POPULAR SCHOOL LUNCH ENTREES

#1 Pizza



#2 Chicken Tenders/Nuggets



#3 Other Chicken Entrees



#4 Mexican Foods



Photo Credit: EZ Event Photography

## Section 2—Vegetables/Fruits

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
<b>TOMATO PRODUCTS</b>					
Tomato Products, Canned <b>Tomato Paste</b> <i>24%-28% Natural Tomato Soluble Solids (NTSS)</i> <i>Includes USDA Commodity</i>	No. 10 can (111 oz)	192.0	1 tablespoon paste (1/4 cup vegetable)	0.53	1 No. 10 can = about 12 cups tomato paste
	No. 2-1/2 can (30 oz)	52.0	1 tablespoon paste (1/4 cup vegetable)	2.0	1 No. 2-1/2 can = about 3-1/4 cups tomato paste
	Pound	27.6	1 tablespoon paste (1/4 cup vegetable)	3.7	1 No. 10 can paste plus 3 cans water = 48 cups single strength tomato juice
	Picnic (12 oz)	20.7	1 tablespoon paste (1/4 cup vegetable)	4.9	12 oz can = about 1-1/4 cups paste
Tomato Products, canned <b>Tomato Puree</b> <i>Not less than 8% but less than 24% Natural Tomato Soluble Solids (NTSS)</i>	No. 10 can (106 oz)	96.0	2 tablespoons puree (1/4 cup vegetable)	1.1	1 No. 10 can = 12 cups puree, 1 No. 10 can tomato puree plus one can water = 24 cups single strength tomato juice
	No. 2-1/2 can (29 oz)	26.2	2 tablespoons puree (1/4 cup vegetable)	3.9	
	Pound	14.4	2 tablespoons puree (1/4 cup vegetable)	7.0	

**USDA FOOD BUYING GUIDE – Tomato Paste & Puree Credit as a Concentrate!**

# #1 Menu Pairing: Cheesy Breadsticks



Marinara  
Cup  
Meets 1/2 cup R/O

8

**Entree:**

- Pizza Sticks

with

- Marinara Sauce
- Chicken Salad on Croissant Roll

- Garden Side Salad
- Steamed Carrots

- Assorted Juices

$\frac{1}{2}$  cup Red /Orange Vegetable +  $\frac{1}{4}$  cup of Dark Green =  $\frac{3}{4}$  cup Veg Requirement

Pictured: 2.5 oz. Marinara Sauce Portion Cup or 3 oz. from #10 Can =  $\frac{1}{2}$  cup Red /Orange

Note: Check Mfg. Product Formulation Statement to insure Crediting Claim – it varies!



# #1 Reimbursable Meal: Pizza

TUESDAY

28

## Entree:

- French Bread Pizza with
- Marinara Sauce
- Chicken Tender Snack Wrap
  
- Green Beans
- Steamed Carrots
  
- Assorted Juices



A Tomato Dipping Sauce: A popular choice for kids  
**2.5 – 3 oz. Makes the Meal Reimbursable!**  
**Marinara / Spaghetti / Pizza – they all work!!**  
**Check Mfg. for specific serving size!**

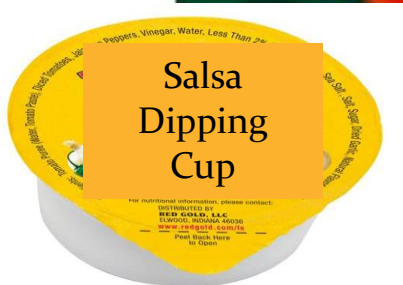
# #4 Most Popular Entrees: Mexican



26

## Entree:

- **Hard Tacos**
- Corn
- Charro Pinto Beans
- Cool Rips Dragon Punch
- Cool Rips Kiwi Strawberry





# #4 Most Popular Entrees: Mexican



Use pre-portioned cups

OR

Portion Yourself from #10 Cans



**Check Yield and PFS Claims**  
**Some mfgs. Offer**  
**Substantial benefits to**  
**Brown Box and other options**  
**(3 oz. vs. 4 oz. serving = 1/2 cup)**

**Low Sodium SALSA is the perfect Red/Orange Veg Option!!**



## #2 Most Popular Entrees: Chicken Tenders

Replace Condiments with a  
Tomato Creditable Vegetable  
Dipping Sauce!



$\frac{1}{2}$  cup Red /Orange Vegetable +  $\frac{1}{4}$  cup of Red Orange Veg =  $\frac{3}{4}$  cup R/O for week!

# Salsa / Sauce & Tomato Juice for Breakfast Red/Orange Vegetable Substitutes for Fruit



Tomato Juice: 4 times /week - Offer 4 oz.

And/or

Tomatoes: Salsa or Sauce (1/2 cup creditable portions)  
= 2 cups/week

**SY14/15 Regulation Change: Potatoes can only be served when 2 cups of vegetables from other Categories are offered weekly. Tomatoes the perfect solution!**

**What about Salsa with Burritos? Marinara Sauce with Breakfast Pizza? And Tomato Juice?**



# Breakfast in Classroom -Reimbursable Meal Options: Dallas ISD Example SY14/15



Salsa  
Dipping  
Cup

Salsa  
Dipping  
Cup

- 4
- Sausage, Potato, Egg, Cheese Wrap
  - Assorted Cereals with
  - Toast with Jelly
  - Apple Slices
  - Fruit Juice

Utilizing Salsa Cup for additional ½ cup F/V requirement at breakfast in SY14/15



Breakfast Reimbursable Meal Options –  
Vegetable Options for Fruit -  
Salsa & Tomato Juice – Perfect Options!  
Add Potatoes too!



## Breakfast Menu Items


TUESDAY

28

- Scrambled Eggs with
- Toast
- Cinnamon Pop-Tart
  
- Apple Juice
- Craisins

4

- Sausage, Potato, Egg, Cheese Wrap
- Assorted Cereals with
- Toast with Jelly
  
- Apple Slices
- Fruit Juice



# A Case Study The “Munchable” Reimbursable Meal SY 13/14 Concepts/ Pics

**Traci E. Miller, RD, LD**    **Lake Travis ISD – Austin, Tx area**  
Director of Food and Nutrition Services (FANS)  
(512) 533-6035    [millert@ltisdschools.org](mailto:millert@ltisdschools.org)



# Lunchables© or “Munchables” from You ??

## New Ideas to Compete & Beat the Brown Baggers

### Nutritious Grab N Go Ideas!

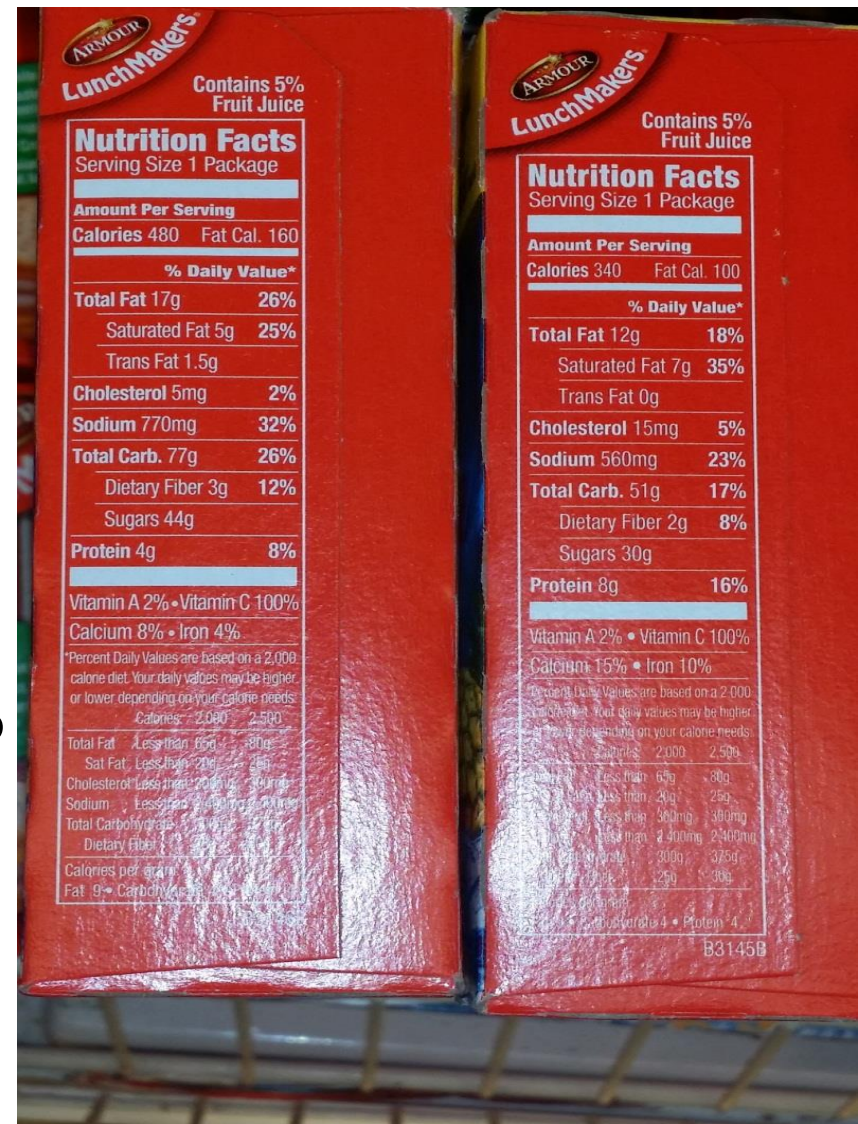


For Lunch / Supper / Summer









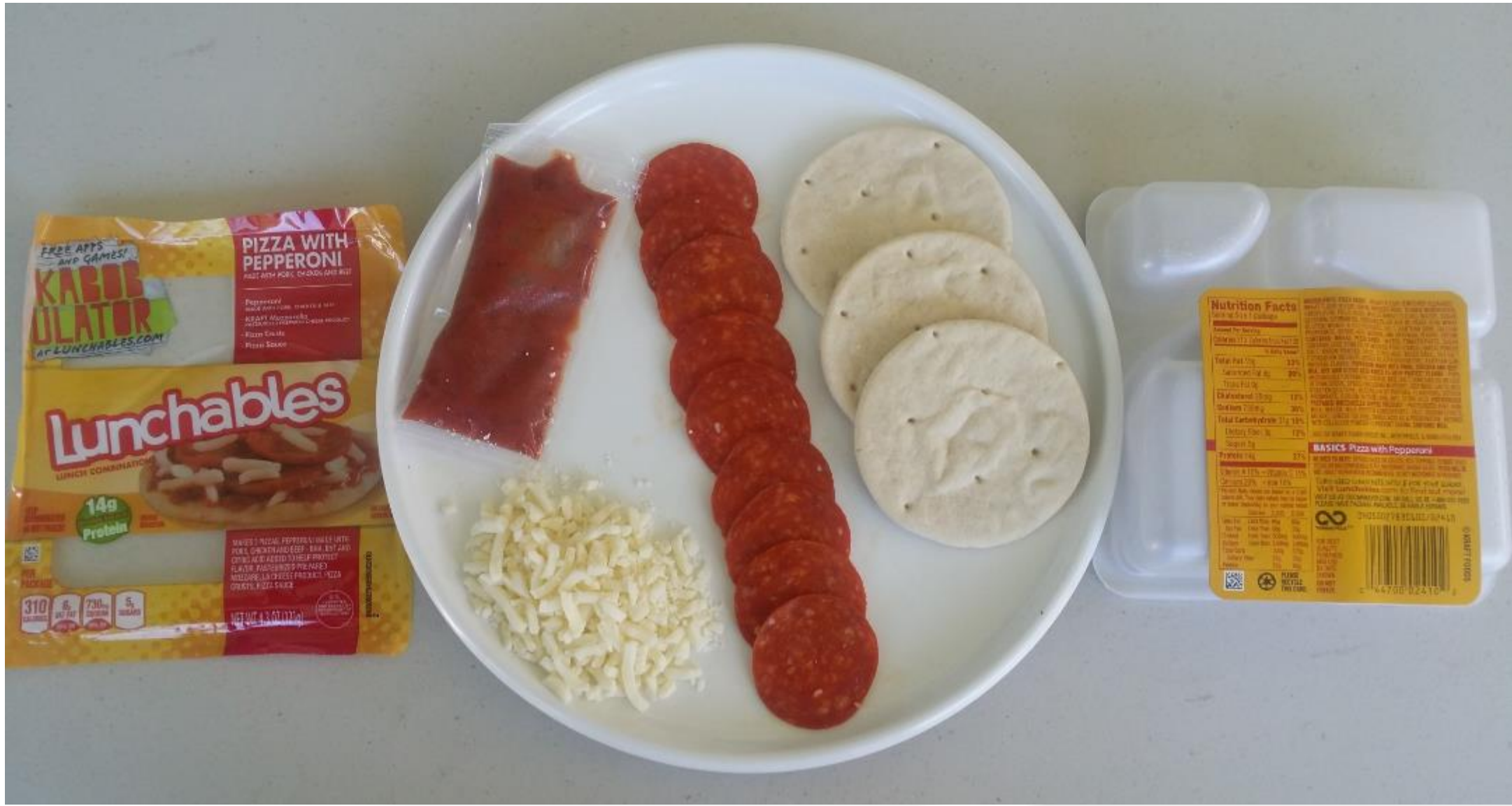
## The 2 Most Popular Choices: Pizza & Nacho



**Calories: 480 / 340**  
**Sodium: 770mg / 560 mg**  
**Fruit Juice: 5% (not 100%)**



Pizza with Pepperoni – 1 oz. of mozzarella, 9 pepperoni, 3 flat bread, 1 oz. sauce



310 calories; 14 gram protein; 730 mg sodium; Total Fat 15 gr; 6 gr. Sat fat; 5 gr. sugar





## Deep Dish Pizza with Pepperoni

- +100% Juice
- Oreo Pack
- Flatbread
- Cheese
- Pepperoni (4)

## Chicken Dunks

- + Capri Sun
- Nerds Box
- 6 Nuggets
- Ketchup





# Nachos Cheese Dip & Salsa

Nachos Grande  
Cheese Dip &  
Salsa >>



More Salsa  
Fruit Foot  
Kool Aid Powder  
Water Bottle  
Chip Bag







Revolution Foods Cheese Pizza Kit =  
10 gram of Protein / 16 gram of Whole Grain / One Serving of Fruit  
“Mom Approved Ingredients”

Retail: \$3.75 - \$4.00



## Revolution Foods – Cheese Pizza Kit

Calories = 250 / Sodium = 510 mg

Protein = 10 g

**MOM-APPROVED**  
**INGREDIENTS:**

**PIZZA CRUST** – WHOLE WHEAT FLOUR, UNBLEACHED FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B<sub>1</sub>], RIBOFLAVIN [VITAMIN B<sub>2</sub>], FOLIC ACID), FILTERED WATER, YEAST, SALT, CANOLA OIL, SPICES (ONION, GARLIC).

**PIZZA SAUCE** – WATER, CRUSHED TOMATOES, OLIVE OIL, EVAPORATED CANE JUICE, SALT, CONTAINS LESS THAN 2%: GARLIC POWDER, ONION POWDER, SPICE, WHITE VINEGAR.

**SHREDDED MOZZARELLA CHEESE** – PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES, POTATO STARCH AND POWDERED CELLULOSE TO PREVENT CAKING, NATAMYCIN (A NATURAL MOLD INHIBITOR).

**WILDBERRY FLAVORED FRUIT SNACK** – CONCENTRATED APPLE PUREE (WITH ASCORBIC ACID), APPLE JUICE CONCENTRATE, STRAWBERRY JUICE CONCENTRATE, RASPBERRY JUICE CONCENTRATE, BLUEBERRY JUICE CONCENTRATE, NATURAL FLAVOR, BLACK CARROT EXTRACT (COLOR), PECTIN, GLAZING AGENT (COCONUT OIL, BEESWAX).

CONTAINS WHEAT AND MILK. PRODUCED IN A FACILITY THAT PROCESSES PEANUTS, TREE NUTS, WHEAT AND SOY.

DISTRIBUTED BY  
 REVOLUTION FOODS  
 OAKLAND, CA 94621

FRUIT SNACK PRODUCT OF CANADA

REVOLUTION FOODS AND ITS WORDMARK ARE TRADEMARKS OF REVOLUTION FOODS.

## CHEESE PIZZA KIT

### Nutrition Facts

Serving Size 1 Package (119g)  
 Servings Per Container 1

Amount Per Serving  
**Calories 250**    Calories from Fat 50

		% Daily Value*
<b>Total Fat</b> 5.5g		<b>8%</b>
Saturated Fat 2.5g		<b>13%</b>
Trans Fat 0g		<b>5%</b>
<b>Cholesterol</b> 15mg		<b>21%</b>
<b>Sodium</b> 510mg		<b>14%</b>
<b>Total Carbohydrate</b> 43g		<b>18%</b>
Dietary Fiber 4.5g		
Sugars 12g		
<b>Protein</b> 10g		

Vitamin A 4% • Vitamin C 15%  
 Calcium 15% • Iron 10%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g



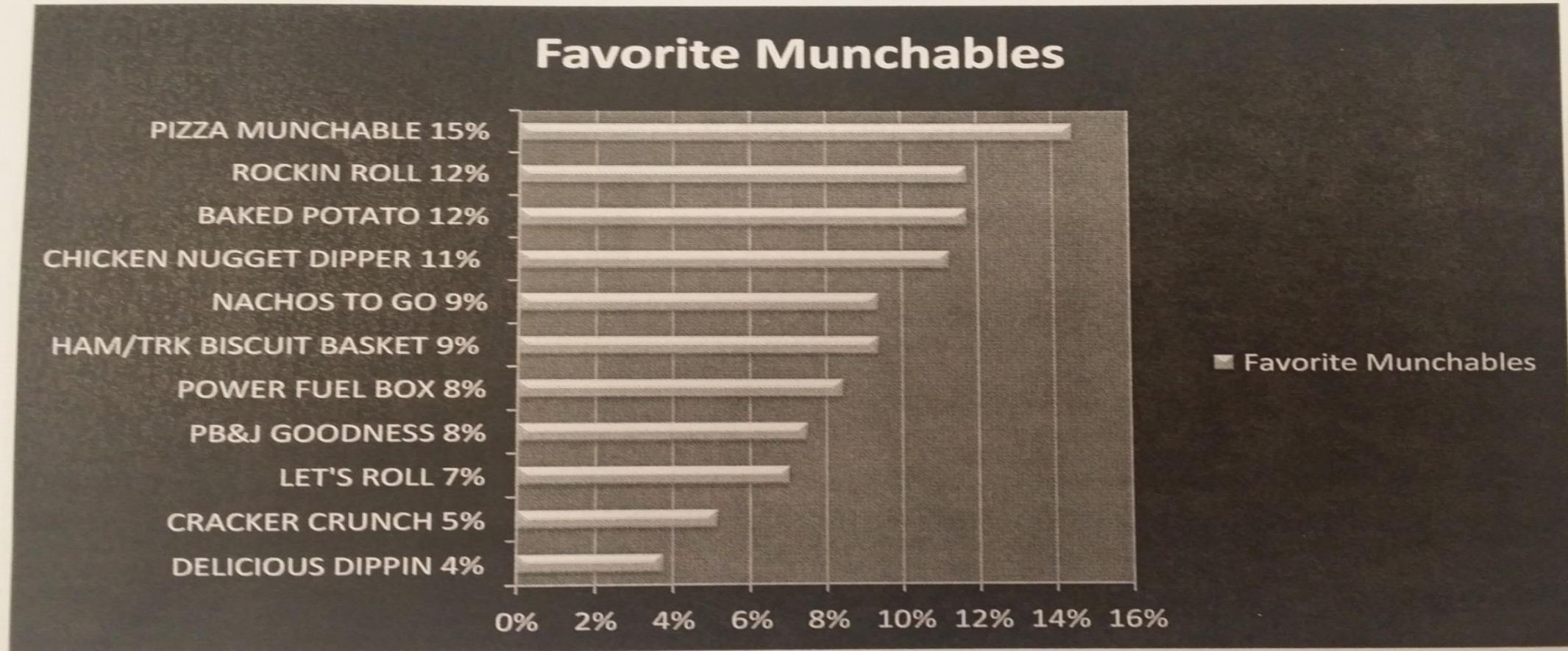
“100 Million School Meals”

Clean Ingredient Label  
 “No Artificial Anything”



# Lake Travis ISD – Austin Texas April 2014 Survey Results

## POPULAR NEW GRAB N GO NUTRITIOUS REIMBURSABLE MEAL OPTIONS



Source: Traci Miller, RD – Director of Nutrition Services – Lake Travis ISD



# Pizza Munchable



English Muffin = Grain  
Shredded Mozzarella = Protein  
Tomato / Pizza Sauce – ½ cup R/O  
Apple = Fruit

# Taco Salad



- Turkey Taco Meat
- Romaine & Green Leaf Lettuce
- Cherry Tomatoes

Source: Tracy Miller, RD – Director : Lake Travis ISD – Austin, Texas

# Chicken Nugget Dippers



- Chicken Nuggets with BBQ
- Cucumbers with Ranch

# Delicious Dippin'



- Honey Maid Graham Sticks
- Pretzel Rod

Source: Tracy Miller, RD – Director : Lake Travis ISD – Austin, Texas



# GRAB N GO Reimbursable Meal Options – “MUNCHABLES” The Pizza Munchable!!





# GRAB N GO Reimbursable Meal Options – “MUNCHABLES” . . . Taco Salad!



# GRAB N GO Reimbursable Meal Options – “MUNCHABLES” . . . Fresh Homemade Nachos!





# GRAB N GO Reimbursable Meal Options – “MUNCHABLES” . . . .Nachos – A different way!

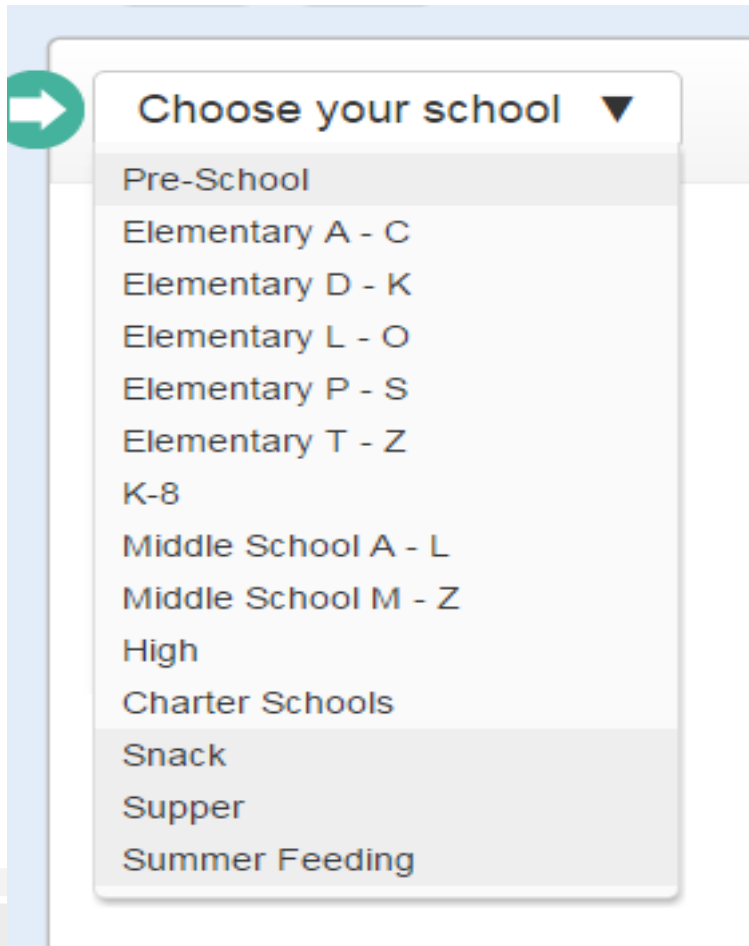




# GRAB N GO Reimbursable Meal Options – “MUNCHABLES” Pretzel Snack Kit! Fresh apples & fresh carrots!



- What do your menus look like?
- Can you integrate /offer more Shelf Stable Tomato products that your kids will eat?



Choose your school ▼

- Pre-School
- Elementary A - C
- Elementary D - K
- Elementary L - O
- Elementary P - S
- Elementary T - Z
- K-8
- Middle School A - L
- Middle School M - Z
- High
- Charter Schools
- Snack
- Supper
- Summer Feeding

# Menu Review for Tomato R/O

- Utilizing Marinara / Spaghetti / Pizza Sauce as a Dipping Veggie
  - Pizza Sticks / Cheesy Breadsticks
  - Pizza / French Bread Pizza
  - Chicken Tenders / Nuggets
  - Breakfast Entrée Companion?
- Utilizing Salsa as a Dipping Veggie with Mexican Entrees
  - Offer as Veggie Option @ Lunch in correct quantities with Mexican Entrees
    - Breakfast - Substitute for Fruit
    - HS Supper Menu Items
      - Supper
  - Grab N Go Options Reimbursable Meal Options ??
- Using Salsa and Sauce to make fun dipping vegetable combinations with Entrees
  - Salsa & Sauce Cups as Portable R/O Veg. Options
    - Supper
    - Summer
- Tomato Items at Breakfast – Substituting a Tomato Veg for Fruit?
  - Offering Tomato Juice
  - Adding back potatoes if 2 cup of any other veg category is menued



# To Stop Picky Eaters From Tossing The Broccoli, Give Them Choices

by LUKE RUNYON

September 24, 2014 6:34 PM ET



*Consider Integrating MORE Shelf Stable Tomato Products*



Students are given healthy choices on a lunch line at Draper Middle School in Rotterdam, N.Y., in 2012. To keep students from tossing out the fruits and vegetables they're served, researchers say it helps to give them a choice in what they put on their trays.





# Nutritional Benefits of Tomato Products



## Carbohydrates

Nutrient	Amount	% DV
Total carbohydrates	7.1 grams	2%
Dietary fiber	2.2 grams	n/a
Starch	0.0 grams	n/a
Sugars	4.7 grams	n/a

## Fats

Nutrient	Amount	% DV
Total fat	0.4 grams	1%
Saturated fat	0.1 grams	n/a
Monosaturated fat	0.1 grams	n/a
Polyunsaturated fat	0.1 grams	n/a
Total omega-3 fatty acids	5.4 mg	n/a
Total omega-6 fatty acids	144 mg	n/a

## Sterols

Nutrient	Amount	% DV
Cholesterol	0.0 grams	0%
Phytosterols	12.6 mg	n/a

## Other nutrients

Nutrient	Amount	% DV
Water	170 grams	n/a
Protein	1.6 grams	3%

## Calorie information

Nutrient	Amount	% DV
Total calories	32.4	2%
From carbohydrate	25.5	n/a
From fat	3.0	n/a
From protein	4.4	n/a

# Nutritional Benefits of Tomato Products – All Forms!

## Vitamins

Nutrient	Amount	% DV
Vitamin A	1499 IU	30%
Vitamin B1 (Thiamin)	0.1 mg	4%
Vitamin B2 (Riboflavin)	0.01 mg	2%
Vitamin B3 (Niacin)	1.1 mg	5%
Vitamin B5 (Pantothenic Acid)	0.2 mg	2%
Vitamin B6	0.1 mg	7%
Folate	27.0 mcg	7%
Vitamin C	22.9 mg	38%
Vitamin E	1.0 mg	5%
Vitamin K	14.2 mcg	18%

## Minerals

Nutrient	Amount	% DV
Calcium	18.0 mg	2%
Chromium	9.00 mcg	7.5%
Copper	0.1 mg	5%
Iron	.5 mg	3%
Magnesium	19.8 mg	5%
Manganese	0.2 mg	10%
Phosphorus	43.2 mg	4%
Potassium	427 mg	12%
Sodium	9.0 mg	0%
Zinc	0.3 mg	2%

**Serving size:** this information presents nutrient amounts for 1 cup fresh, chopped tomatoes (approximately 1/3 pound or 1 average size tomato)

**Approximate serving size equivalents:**

8-10 cherry tomatoes

2-3 small tomatoes

1/8 cup tomato paste

8 oz. canned tomatoes (1 c.)

1/2 cup tomato juice



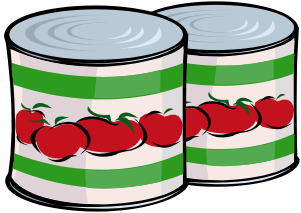


# “Tomato-TRITION”

TPWC (Tomato Products Wellness Council)

Be sure to visit “Tomatoes: One of the World’s Healthiest Foods” at

[www.tomatowellness.com/tomato-health-nutrition](http://www.tomatowellness.com/tomato-health-nutrition)



The screenshot shows the top portion of the Tomato Wellness website. At the top is a dark red navigation bar with white text for 'HEALTH & NUTRITION', 'RECIPES', 'NEWS', 'SCIENCE LIBRARY', 'CONTACT US', 'ABOUT TPWC', 'MEMBERS', and 'BLOG'. Below this is the 'tomato WELLNESS' logo, featuring a red tomato icon. A small 'Pin It' button is visible on the left. The main content area features a large image of a child with spaghetti on their face and hands, with the text 'Tomatoes: One of the World's Healthiest Foods' overlaid. At the bottom of the screenshot is a white bar with the text 'HEALTH AND NUTRITION' in bold, dark letters.



# Contacts /Resources for More Information

Sharon Palmer, RDN (S.CA)

- [info@sharonpalmer.com](mailto:info@sharonpalmer.com)
- **The Plant-Powered Dietitian™** nutrition expert, journalist, editor, consultant to the TPWC,
- [author](#), *The Plant-Powered Diet* & and the newly released *Plant-Powered for Life* (The Experiment) [The Plant-Powered Blog](#) Subscribe to the monthly Plant-Powered Newsletter!  
follow the plant-powered community: [www.sharonpalmer.com](http://www.sharonpalmer.com)
  - Jodi Batten, SNS (Austin, Texas) 512-261-5060
    - [jbatten@redgold.com](mailto:jbatten@redgold.com)
- Tomato Products Wellness Council (TPWC) - Tomato Nutrition Resources
  - <http://www.tomatowellness.com/>
  - [Go\\_Red@TomatoWellness.com](mailto:Go_Red@TomatoWellness.com)





# Thank You!



## QUESTIONS

