



PEAS AND CARROTS

Indiana FSSA's Division of Aging

July 2020

Farmers' Market Find

Tomatoes



Question: Fruit or Vegetable?

Reasoning: Scientists consider tomatoes as fruits because they have seeds and grow from the tomato plant flower. Nutritionists and cooks consider tomatoes as vegetables because they are often used in savory dishes and come from the edible part of the tomato plant. They were

declared a vegetable in 1893 by the U.S. Supreme court.

Answer: Tomatoes are considered both a fruit and a vegetable depending on who you ask.

In Season: May to October

Selection: Choose firm flesh with bright shiny skins

Storage: For better taste, store at room temperature away from direct sunlight.

Preparation Methods: fresh, grill, braise, roast

Nutrition Benefits: 1 Medium tomato is low in calories (22 kcal), fat (0.2g), sodium (6mg), and cholesterol free, high in Vitamin A(51.7µg), Vitamin C (16.9 mg), and a good source of Potassium (292 mg)

Varieties: Brandywine, German Queen, Cherokee Purple, Yellow Pear, Gold Currant, Roma, Rocket, Siberian

Resources: <https://fruitsandveggies.org/fruits-and-veggies/tomato/>
<https://fdc.nal.usda.gov/fdc-app.html#/food-details/787683/nutrients>
<https://www.eufic.org/en/healthy-living/article/is-a-tomato-a-fruit-or-a-vegetable-and-why>

<https://www.wonderopolis.org/wonder/are-tomatoes-fruits-or-vegetables>

<https://www.gardenguides.com/96296-tomato-plants-plant-indiana.html>

Image Source: Pixabay.com

“A healthy attitude is contagious but don't wait to catch it from others. Be a carrier.”

-Tom Stoppard

In This Issue

- ◆ Farmers' Market Find—Tomatoes
- ◆ New Nutrition Label
- ◆ Word Search
- ◆ Safety in the Sun
- ◆ Roasted Tomatoes w/ herbs Recipe

Nutrition Facts Label Updated

The Food and Drug Administration has updated the nutrition facts label. It is the first major update to the label in 20 years. The updates based on scientific information and new nutrition research along with public input were made in order to help consumers make informed choices when choosing the food that they eat.

The image shows a Nutrition Facts label on a red container. The label is updated and features several key elements highlighted by callout boxes and arrows:

- *Made bolder and larger for ease of reading**: Points to the bolded text for serving size and calories.
- Shows how much a nutrient in a serving contributes to the total daily diet**: Points to the % Daily Value column.
- Added Sugars have been added**: Points to the 'Includes 6g Added Sugars' line.
- Potassium & Vitamin D added to the label**: Points to the bottom section of the label listing these nutrients.

Nutrition Facts	
about 3.5 servings per container	
Serving size 1/2 cup (130g)	
Amount per serving	
Calories 120	
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 23g	8%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 6g Added Sugars	12%
Protein 6g	8%
Vitamin D 0mcg 0%	Calcium 40mg 4%
Iron 1.4mg 8%	Potassium 310mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

A few notes about the label: -the serving size is a recommendation and is based on the usual amount of food that is eaten at one time, -the guideline for %DV: 5% or less means a nutrient is low– 20% or more means a nutrient is high. Using the above label– eating a serving will give you 21% of your daily fiber goal. Added sugars include sugars from concentrated fruit or vegetable juices, syrups and honey, sugars added during processing, and foods packaged as sweeteners.

Resources: <https://www.fda.gov/food/new-nutrition-facts-label/whats-new-nutrition-facts-label>

<https://www.fda.gov/food/new-nutrition-facts-label/using-nutrition-facts-label-older-adults>

Word Search Bank

ATTITUDE

BRAISE

CARRIER

CHOLESTEROL

CONSUMERS

DAILY VALUE

EDIBLE

INFORMED

POTASSIUM

ROAST

SAVORY

SCIENTIFIC

SUNLIGHT

SUNSCREEN

TOMATOES

WORD SEARCH

S M R R W P V C Q S B P Z Q K
R P U E D W V H R A E L N A X
E S B I B G G O O E S D D C H
M U S R S E U L A V Y L I A D
U N V R A S Y E S A H J B Z F
S L U A N I A S T T U W I S L
N I P C U T S T T C I J C N Y
O G Q Q J E I E O P Z I E R X
C H D E U T Y R C P E E O R P
V T N Z U Z B O B N R V X W V
W N F D G J A L T C A Z Q L L
D D E L D B M I S S Z Z J E L
H D E M R O F N I E D I B L E
O R F P G I U T O M A T O E S
B T Y Q C S Y G H B I K I X C



Safety in the Sun

With temperatures warming up and days getting longer leading to more exposure to being outside, the risk of damage to your skin from UV rays from the sun increases. The Centers for Disease Control and Prevention (CDC) states that damage can occur in as little as 15 minutes.

The CDC offers the follow advice to minimize risk:

- ◆ Apply a broad spectrum sunscreen with a SPF of 15 or higher, reapplying after swimming or sweating or being exposed to the sun for more than 2 hours.
- ◆ Protect your eyes by wearing sunglasses with UVA and UVB blocking.
- ◆ Shade your face, ears, and back of neck by wearing a hat with a brim, avoiding straw hats with holes (which allows sunlight to pass through).
- ◆ Darker colored long sleeve shirts, pants, and skirts offer better protection.
- ◆ Seek shade under umbrellas, trees, or a shelter before you need relief from the sun.

Source: https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm
Image Source: Pixabay.com

Roasted Tomatoes with Herbs

Ingredients

cooking oil spray, as needed (non-stick)
6 tomatoes (washed)
2 tablespoons olive oil (or canola oil)
1/2 teaspoon pepper
1 tablespoon dried parsley
1 tablespoon garlic (minced)
2 tablespoons Parmesan cheese

Directions

1. Preheat oven to 425 degrees.
2. Spray a large baking sheet with cooking oil spray.
3. Cut each tomato in half. Place tomatoes on the sheet, cut side up.
4. Drizzle tomatoes with ½ of the oil and season with pepper.
5. Cook for 30 minutes, or until tomatoes are beginning to brown on the bottom.
6. Mix the remaining oil, parsley, garlic, and cheese in a small bowl.
7. Remove tomatoes from the oven and sprinkle the herb mixture over the tomatoes.
8. Return to oven for another 10 minutes, or until spices begin to brown.

Source: Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

Contact Us

Contact the Division of Aging at

1-888-673-0002

Monday through Friday
8 a.m. to 4:30 p.m. EST

or visit us online:
www.in.gov/fssa/2329.htm

Division of Aging
402 W. Washington St.,
P.O. Box 7083, MS21
Room W-454
Indianapolis, IN 46204

PLACE
STAMP
HERE