

| Nutrient | Unit | 0.85 Value Per 85 g | 0.5 cup cherry tomatoes 74.5g | 1 cup, chopped or sliced 180g | 1 Italian tomato 62g | 5 cherry 85g | 1 large whole (3" dia) 182g | 1 medium whole (2-3/5" dia) 123g | 1 slice, medium (1/4" thick) 20g | 1 plum tomato 62g | 1 small whole (2-2/5" dia) 91g | 1 slice, thick/large (1/2" thick) 27g | 1 wedge (1/4 of medium tomato) 31g | 1 slice, thin/small 15g | 1 NLEA serving 148g |
|------------------------------------|------|---------------------|-------------------------------|-------------------------------|----------------------|--------------|-----------------------------|----------------------------------|----------------------------------|-------------------|--------------------------------|---------------------------------------|------------------------------------|-------------------------|---------------------|
| Vitamin A, RAE | µg | 36 | 31 | 76 | 26 | 36 | 76 | 52 | 8 | 26 | 38 | 11 | 13 | 6 | 62 |
| Vitamin A, IU | IU | 708 | 621 | 1499 | 516 | 708 | 1516 | 1025 | 167 | 516 | 758 | 225 | 258 | 125 | 1233 |
| Vitamin E (alpha-tocopherol) | mg | 0.46 | 0.40 | 0.97 | 0.33 | 0.46 | 0.98 | 0.66 | 0.11 | 0.33 | 0.49 | 0.15 | 0.17 | 0.08 | 0.80 |
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 6.7 | 5.9 | 14.2 | 4.9 | 6.7 | 14.4 | 9.7 | 1.6 | 4.9 | 7.2 | 2.1 | 2.4 | 1.2 | 11.7 |
| Lipids | | | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.024 | 0.021 | 0.050 | 0.017 | 0.024 | 0.051 | 0.034 | 0.006 | 0.017 | 0.025 | 0.008 | 0.009 | 0.004 | 0.041 |
| Fatty acids, total monounsaturated | g | 0.026 | 0.023 | 0.056 | 0.019 | 0.026 | 0.056 | 0.038 | 0.006 | 0.019 | 0.028 | 0.008 | 0.010 | 0.005 | 0.046 |
| Fatty acids, total polyunsaturated | g | 0.071 | 0.062 | 0.149 | 0.051 | 0.071 | 0.151 | 0.102 | 0.017 | 0.051 | 0.076 | 0.022 | 0.026 | 0.012 | 0.123 |
| Fatty acids, total trans | g | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 |
| Cholesterol | mg | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Amino Acids | | | | | | | | | | | | | | | |
| Other | | | | | | | | | | | | | | | |
| Caffeine | mg | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |