



Nutrient	Unit	1 Value Per100 g	1 cup cherry tomatoes 149g	1 cup, chopped or sliced 180g	1 Italian tomato 62g	1 cherry 17g	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	42	63	76	26	7	76	52	8	26	38	11	13	6	62
Vitamin A, IU	IU	833	1241	1499	516	142	1516	1025	167	516	758	225	258	125	1233
Vitamin E (alpha-tocopherol)	mg	0.54	0.80	0.97	0.33	0.09	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	7.9	11.8	14.2	4.9	1.3	14.4	9.7	1.6	4.9	7.2	2.1	2.4	1.2	11.7
<b>Lipids</b>															
Fatty acids, total saturated	g	0.028	0.042	0.050	0.017	0.005	0.051	0.034	0.006	0.017	0.025	0.008	0.009	0.004	0.041
Fatty acids, total monounsaturated	g	0.031	0.046	0.056	0.019	0.005	0.056	0.038	0.006	0.019	0.028	0.008	0.010	0.005	0.046
Fatty acids, total polyunsaturated	g	0.083	0.124	0.149	0.051	0.014	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
<b>Amino Acids</b>															
<b>Other</b>															
Caffeine	mg	0	0	0	0	0	0	0	0	0	0	0	0	0	0