



Did you know...

## Dried Tomatoes Health Facts

- Contain no fat or trans fats, no cholesterol, and are naturally low in calories
- Have 12 times more Lycopene – a potent antioxidant – than a raw tomato
- May help lower the risk of breast and prostate cancer, diabetes, heart and lung disease
- Are a natural source of iron and vitamins C, A, B1, E and K; potassium, niacin and fiber
- Contain high levels of umami which plays an important role in making food taste delicious
- Contribute to normal digestion of dietary protein due to their high level of glutamate
- Protect from UV sun damage