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WAYS WITH Tomatoes

Loaded with vitamins and disease fighting phytochemicals, tomatoes are not only free from fat, sodium and cholesterol, but each one contains a mere 35 calories. So, they're a healthy food and they're versatile too! Packed with fibre and vitamins C and A, they taste great made into a pasta sauce, grilled on bruschetta with tuna and onion, or mixed into salad and garnished with basil.

There's no doubt about it - the health benefits of tasty toms (whether you eat them cooked or raw) are huge.



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1 Weight Watchers Prawn Cocktail Dressing

18 cals, 1.0g fat (incl 0.1g sat fat) per 15g serving, Asda, 78p

2 Waitrose Perfectly Balanced Tomato and Basil Flavour Mini Bagels (part of a six pack selection)

115 cals, 0.7g fat, (incl 0.1g sat fat) per bag, £1.79

3 Big Tom Tomato Juice

29 cals per 100ml, 0.5g fat, Waitrose, £2.29

4 Dolmio Microwave Sun Ripened Tomato and Basil Pasta Sauce

52 cals per 100g, 1.6g fat, Tesco, £1.09



4



BIG TOM

Slimmer Healthier Fitter

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