

# Canned Tomatoes

**CREATE**  
HEALTHY CHOICES



- Tomatoes may help lower LDL (bad) cholesterol levels.
- Contain antioxidants and nutrients that may help prevent certain cancers.
- Great source of vitamin C.
- Use canned tomatoes to make salsa, pasta sauce, sandwich spread, marinades, and more!

**CREATE** SNAP-ED  
**BETTER HEALTH**

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