



**NUTRIENT COMPOSITION OF PERFECTION FRESH PRODUCE – Cherry Tomato (8
Cherry Tomatoes, RAW)**

NUTRITION INFORMATION			
Serving size: 75g (8 cherry tomatoes)			
	Av QTY Per serve	%DI*	Av QTY per 100g
Moisture	70g		93g
Energy	49kJ	1%	65kJ
Protein	0.4g	<1%	0.5g
Total fat	0g	0%	0g
Saturated fat	0g	0%	0g
Total Carbohydrates	1.7g	<1%	2.2g
Sugars	1.9g	2%	2.5g
Sodium	8mg	<1%	10mg
Potassium	180mg		240mg
Vitamin C	21mg	53%	28mg
Beta-carotene	345ug eq		460ug eq
Lycopene^	36mg		48mg

Source: Aust Food Comp Data
 ^ [Distefano M et al.](#)
 *based on an average adult diet of 8700 kJ
 "<" means less than

**NUTRITION INFORMATION
 PANEL MUST APPEAR
 WHEREVER NUTRITION AND**

Perfection Fresh Australia Pty Ltd
ABN 75127 389 682

Level 1, 7 Underwood Road
 Homebush NSW 2140
 Australia

PO Box 98
 Sydney Markets NSW 2129
 Australia

T +61 2 9763 1877
 F +61 2 9764 1724
perfection.com.au





NUTRIENT COMPOSITION OF PERFECTION FRESH PRODUCE - Tomato (1/2 MEDIUM-LARGE PUNNET, RAW)

NUTRITION INFORMATION			
Serving size: 75g (1/2 med-large raw)			
	Av QTY Per serve	%DI*	Av QTY per 100g
Moisture	70g		94g
Energy	55kJ	1%	73kJ
Protein	0.5g	<1%	0.6g
Total fat	0g	0%	0g
Saturated fat	0g	0%	0g
Total Carbohydrates	2.3g	<1%	3g
Sugars	1.9g	2%	2.5g
Sodium	3mg	<1%	4mg
Potassium	158mg		210mg
Vitamin C	10.5mg	26%	14mg
Lycopene	460ug		613ug

Source: Aust Food Comp Data
 *based on an average adult diet of 8700 kJ
 "<" means less than

**NUTRITION INFORMATION PANEL
 MUST APPEAR WHEREVER
 NUTRITION AND HEALTH CLAIMS
 ARE MADE**

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