

Ways To Include



Tomato In



Your Pregnancy Diet



Tomato soup can be a healthy alternative to a meal.

Sliced tomatoes can be used in sandwiches.



Tomato juice is an excellent snack or breakfast option to keep you fresh.

Raw tomatoes can be added to salads.



Tomato curry goes well with any vegetable or meat.

Sun-dried and grilled tomatoes are a part of continental recipes.



Homemade ketchup with tomatoes can be yummy.