

Comparing **apples** to **apples** or in this case Jar **Tomatoes** to Jar **Tomatoes**

## Label to Label



Same -- Whole Organic Plum Tomatoes from Italy

ONLY this one is **BPA-FREE**

SIZE 25.5 oz 720 g  
Servings 6

The **Lucini** jar contained **14** medium sized whole plum tomatoes and 2/3 cup sauce.

Ingredients: Whole peeled Organic plum tomatoes, Organic Basil

Serving size 1/2 Cup	
Calories	19
Fat	0
Natural occurring Sodium	80 mg
Natural occurring Sugars	4 g
Protein	1 g
Dietary Fiber	3 g



SIZE 18.3 oz 520 g  
Servings 4

The **Jovial** jar contained **5** large sized whole plum tomatoes and 2/3 cup sauce.

Ingredients: Whole peeled Organic tomatoes and tomato puree.

Serving size 1/2 Cup	
Calories	30
Fat	0
Natural occurring Sodium	30 mg
Natural occurring Sugars	4 g
Protein	1 g
Dietary Fiber	1 g

These just happen to be the two brands I chose, you should do your own research and comparison. In my humble opinion, even though the Lucini sometimes cost 50% more, they are a better bargain. You get 35% more whole tomatoes even though the size was slightly smaller. The sauce measured the same but the Jovial brand had more of a water consistency. Whole tomatoes are always a better bargain than, diced, crushed or sauce. I prefer to make my own FRESH sauce at a much lower price point. I do like the addition of the FRESH whole basil in the Lucini as I think it reduces the acidity of the tomatoes. You must choose for yourself. Plus Lucini understands we all want to be BPA-FREE. And, Lucini does not add preservatives, sugar, salt or water.

For incredible and E-Z homemade tomato sauce made from either fresh or jar tomatoes on the previous page.