

Top Ten Tips to Increase Your Total Tomato Intake

Here are a few suggestions for incorporating more tomatoes into your daily diet:

1. Substitute orange juice with tomato juice three or four mornings per week.
2. Add canned tomatoes to your favorite ingredients for omelets, frittatas or quiches.
3. Add salsa to scrambled eggs for a breakfast dish with a Mexican flair.
4. Warm up during the fall and winter months with a bowl of tomato soup.
5. Add heaping amounts of organic crushed tomatoes to your favorite toppings on a baked potato.
6. Use canned diced tomatoes in your favorite bruschetta recipes.
7. Add canned tomato paste to your gravies for a richer, thicker sauce.
8. Replace fat-heavy dips and potato chips with baked tortilla chips and salsa.
9. Use canned whole tomatoes and tomato paste in your tomato-based pasta sauces.
10. Eat more processed tomato products like spaghetti sauce and canned tomatoes.

Processed tomatoes have a higher lycopene content than fresh tomatoes. Because lycopene is a fat soluble nutrient, you eat a little bit of fat with it to absorb this nutrient. Olive oil is a good fat that many people use.