

*Make it red with tomato products!*

## Summer 2010 Newsletter



tomato products  
*wellness council*

### Tomato Products Get Social!

The TPWC is excited to announce two online virtual meeting places for tomato lovers everywhere. For information about research relating to tomato products, find our official [Tomato Products Wellness Council](#) Facebook page. For fun informative information like recipes, tips and [YouTube](#) videos, visit our [Make it Red with Tomato Products](#) Facebook page. We want to hear about your favorite ways to *make it red*, in addition to give you more information about how and why to incorporate more tomato products into your meal planning.

### Tomato Products Research Update

The TPWC has cataloged and summarized more than [450 health-related research studies](#), of which more than 300 link the consumption of tomato products to a number of health benefits. Current research soon to be published includes a study by researchers at Penn State on oxidation and tomato products, a study evaluating data from the Women's Health Study on particular benefits of consuming tomato products, and a review by Britt Burton-Freeman, Ph.D on the overall health benefits of tomato products. The complete collection of twenty years of research indicates that tomato products may offer particular strength in guarding against cardiovascular disease, in addition to prostate cancer. All of the more than 450 studies are available at [www.tomatowellness.com](http://www.tomatowellness.com).

### Coming Soon...

We have plenty of items in the can, so watch for our Fall Newsletter with new slow cooker recipes, the announcement of our Make it Red contest and even more research news.



### Dish it Up Al Fresco Style

Nothing says summer like a crusty baguette loaded with a tangy, flavorful tomato [bruschetta](#). In celebration of the warm weather ahead, we've created [three tasty and healthy](#) Mediterranean-inspired dishes perfect for al fresco dining. Having friends or family over for a casual dinner party? Don't stress, we have your menu covered with an easy-to-prepare appetizer, main dish, and side. Enjoy!