

MED it UP

with Tomato Products!

The good news on the Mediterranean diet just keeps pouring in!

Scientists have been documenting an array of health benefits—lower risk of heart disease, type 2 diabetes, Alzheimer’s disease and more—linked with this delicious, healthy diet for the past 50 years. And in the new, landmark PREDIMED trial, researchers found a 30% reduction in risk of cardiovascular diseases and a 49% reduced risk of stroke when subjects ate a Med diet with extra virgin olive oil or nuts, compared with a low-fat diet. The exciting results from this study supports what eating Med-style diet, which is rich in fish, whole grains, legumes, fruits, nuts, olive oil, and vegetables—including tomato products.



Tomato products are a key feature in the traditional Med diet, showing up in many Mediterranean cuisines, including Italian, Greek, and Spanish. For hundreds of years tomatoes have been grown and preserved in this sunny region, in order to enjoy them all year long.

Tips to Med Up Your Diet with Tomato Products

Enjoy the delicious, nutritious flavor of tomato products, including canned tomatoes, tomato sauce, and tomato paste in these Mediterranean dishes.

- *Pasta dishes, such as spaghetti and lasagna, with tomato products, herbs, cheese, and vegetables.*
- *Couscous dishes, which may include seafood or chicken, tomato products, vegetables and spices.*
- *Salads, which may feature greens, grains, legumes, vegetable, herbs, and tomato products.*
- *Soups, based on grains, vegetables, legumes, fish, tomato products and spices.*
- *Fish dishes, which may include herbs, spices, vegetables, grains and tomato products.*
- *Vegetable dishes, such as those featuring eggplant, greens, zucchini, and tomato products.*
- *Dips, such as bruschetta and hummus, which may include tomato products, vegetables, chickpeas, herbs and olive oil.*

For more tips and health information on tomato products, visit www.TomatoWellness.com

