

Tomato Wellness



WITH TOMATO PRODUCTS, IT'S ALWAYS AN ENDLESS SUMMER...

Every time you enjoy processed tomatoes—canned tomatoes, tomato paste, tomato soup, salsa, and tomato juice—you're enjoying the vibrant, delicious flavors of tomatoes, which are harvested and captured at their flavor and nutrition peak. That's why they are so delicious. Plus, tomato products have a bevy of health benefits:

- **A Nutritional Powerhouse.** Tomato products are loaded with essential vitamins, minerals, and fiber—all in a neat low-fat, low-calorie package. One cup of canned tomatoes contains 41 calories, 0 grams fat, 2.4 grams fiber, 2 grams protein, 37% Daily Value (DV) vitamin C, 8% DV vitamin A, 9% DV vitamin K, 13% DV vitamin B6, 13% DV iron, 13% DV potassium, and 9% DV manganese.(1)

- **Lycopene Bonus.** Tomato products are rich in the powerful antioxidant lycopene, which has been shown to inactivate free radicals, help protect against cancer, and slow the development of heart disease. Tomatoes are the number one source of lycopene—a whopping 80%—in our diets. Lycopene in cooked tomatoes—such as processed—is much better absorbed than that of fresh tomatoes. In fact, ½ cup of processed tomato products can have up to 6 times more lycopene than ½ cup of fresh tomatoes.(1)

- **Prostate Cancer Protection.** Research supports that eating tomato products may help reduce the risk of prostate cancer by 11%.(2) Experts recommend eating tomato products at least 2-3 times a week for protection.

- **Heart-Health Benefits.** Regular intake of tomato products has been consistently associated with lower rates of cardiovascular disease.(3) This may be due to many factors, including lower levels of oxidative stress(4), inflammation(5), LDL cholesterol(6), and blood pressure(7).

So, go ahead and make it summer every day; enjoy the flavor and health of tomato products all year long.

References:

1. USDA Nutrient Database for Standard Reference. 2. World Cancer Research Fund / American Institute for Cancer Research. Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective. Washington DC: AICR, 2007 3. Sesso HD, Liu S, Gaziano JM, Buring JE. Dietary lycopene, tomato-based food products and cardiovascular disease in women. J Nutr. 2003 Jul;133(7):2336-41. 4. Chopra M, O'Neil M E, Keogh N, Wortley, G, Southon S, Thurnham, DI. Influence of Increased Fruit and Vegetable Intake on Plasma and Lipoprotein Carotenoids and LDL Oxidation in Smokers and Nonsmokers. Clinical Chemistry. 2000;46(11):1818-1829. 5. Burton-Freeman B, Talbot J, Park E, Krishnankutty S, Edirisinghe I. Protective activity of processed tomato products on postprandial oxidation and inflammation: a clinical trial in healthy weight men and women. Mol Nutr Food Res. 2012;56(4):622-31. 6. Ried K, Fakler P. Protective effect of lycopene on serum cholesterol and blood pressure: Meta-analyses of intervention trials. Maturitas. 2011;68(4):299-310. 7. Burton-Freeman B, Sesso HD. Whole food versus supplement: comparing the clinical evidence of tomato intake and lycopene supplementation on cardiovascular risk factors. Adv Nutr. 2014;5(5):457-85.

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