

# A TOMATO A DAY KEEPS THE DOCTOR AWAY!

## DID YOU KNOW?

According to Registered Dietitian,  
Elaine Magee, MPH, RD,

"Tomatoes contain all three high-powered antioxidants: beta-carotene (which has vitamin A activity in the body), vitamin E, and vitamin C. A U.S. Department of Agriculture report, *What We Eat in America*, noted that a third of us get too little vitamin C and almost half get too little vitamin A.

Tomatoes are rich in potassium, a mineral most of us don't get enough of. A cup of tomato juice contains 534 milligrams of potassium, and 1/2 cup of tomato sauce has 454 milligrams."

By Tami Charbonnet

**D**id you know tomatoes are loaded with essential nutrients providing great health benefits? Adding tomatoes to your daily nutritional intake has been proven to help prevent some forms of cancer, kidney disease, heart disease, and stroke. They also benefit bone strength, vision, and even provide antioxidants that fight free radicals causing cell damage.

### TOP 5 HEALTH BENEFITS FROM EATING TOMATOES

**1. Reduce risk of certain cancers:** Tomatoes contain a substance called lycopene, a natural antioxidant that works effectively to slow the growth of cancerous cells. Cooked tomatoes produce even

more lycopene than raw tomatoes. Research indicates that the high levels of lycopene in tomatoes work to reduce your chances of developing prostate, colorectal and stomach cancer.

**2. Bone Health:** Tomatoes contain vital nutrients that aid in prevention of bone loss or bone density. They contain high amounts of calcium and Vitamin K, both nutrients essential in strengthening bones and repairing ailing bone tissue.

**3. Fight free radicals with antioxidants:** Tomatoes contain Vitamin A and Vitamin C. Along with beta-carotene, these vitamins work as antioxidants to destroy harmful free radicals found in the blood. Free

radicals in the blood stream lead to serious cell damage, and research shows cell damage may encourage an array of serious disease.

**4. Heart Health:** The high content of Vitamin B and potassium in tomatoes are effective in reducing cholesterol levels and lowering blood pressure. By including tomatoes in your diet, you can effectively fight heart disease, stroke and other heart related issues that could be life threatening.

**5. Fight Kidney stones:** Adding tomatoes without seeds to your diet has been proven to reduce the risk of kidney stones. Recent research indicates that antioxidant-rich foods, including tomatoes, other fruits and vegetables (such as squash and bell peppers) may help reduce risk of kidney stones. Low antioxidant intake is directly associated with kidney stone formation. 🍅

Enjoy the following simple recipe to add a tomato a day to your nutritional intake.

