



# Tomatoes

## The Health Benefits of Tomatoes

Tomatoes contain compounds that protect against cancer, reduce blood sugars and maintain healthy blood pressure. They are high in carotenoids that protect your eyes and skin from sun damage.

### One large, raw tomato or 1/2 cup cooked provides:

- 27 Calories, 1.5 gm protein, 1.5 grams fiber, 0 fat, no cholesterol

### Nutrients in Tomatoes

- High in vitamins A, C and the antioxidants lutein & zeaxanthin
- Great source of lycopene, shown to reduce risk of prostate cancer, heart attack and stroke; Most abundant in the peels/skins and cooked tomato products
- High in potassium and phosphorus, which help lower blood pressure and reduce risk of heart disease, joint pain and fatigue
- Tomatoes are among the top 10 foods containing high levels of pesticide residue: Wash tomatoes thoroughly before serving

For more information, visit our website:  
[www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)

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