



Nutritional benefits of eating Tomatoes

In case you were wondering, a tomato is technically a fruit, because it's seed-bearing and develops from the ovary of a flowering plant. (Botanically speaking, vegetables consist of other plant parts, like roots, leaves, and stems.) But when it comes to nutrition, tomatoes —along with seedy cucumbers —are categorised as vegetables. That's due in part to their lower carb and sugar contents: A medium tomato provides just 22 calories, and about 5 grams of total carb, with 3 as sugar and 1.5 as fibre. But this low-calorie, low-carb package is chock-full of nutrients, and has been linked to a variety of health benefits.



Tomatoes are a great source of vitamins

A single tomato can provide about 40% of the daily recommended minimum of vitamin C. What's more, tomatoes supply vitamin A, which supports immunity, vision, and skin health; vitamin K, which is good for your bones; and potassium, a key nutrient for heart function, muscle contractions, and maintaining a healthy blood pressure and fluid balance.

Tomatoes protect heart health

Tomatoes contain an antioxidant called *lycopene*, which is responsible for their red colour.

Tomatoes Improve you vision

Lycopene is also good for your eyes.





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Tomatoes boost digestive health

The fluid and fibre in tomatoes may be helpful if you're prone to constipation

Tomatoes help with managing diabetes

Tomatoes may be a protective food for people with type 2 diabetes. This is particularly important, because diabetes doubles the risk of stroke and heart attack.

Tomatoes can help protect skin health

A 2011 study found that the combination of tomato paste and olive oil protected against sun damage, and boosted the production of pro-collagen, a molecule that gives the skin its structure and keeps it firm and youthful. Scientists believe that the *lycopene* in tomatoes is key. It's at its highest concentration when tomatoes have been cooked, and olive oil boosts its absorption from your digestive system into your bloodstream

Tomatoes help protect against cancer

Studies have found links between the superstar compound *lycopene* and fewer incidences of prostate, ovarian, lung, and stomach cancers.

How can we incorporate tomatoes into our daily diet?

Well, we can incorporate tomatoes into our diet in a number of forms—fresh, dried, or as sauce, salsa, or paste. This also allows you to enjoy tomatoes year-round.

