

# TOMATO FACTS & FANCIES

## The Link Between Tomatoes And Health

(NAPSA)—If you're looking to stay healthy, it may be time for the tomato to become the apple of your eye.

Doctors have hailed tomatoes and tomato products as rich sources of antioxidants including vitamin A, vitamin C, and lycopene. In addition, research has shown that the health benefits of tomatoes include cutting the risk of developing prostate cancer by 45 percent, reducing heart disease, and lowering the risk of developing rectal, colon or stomach cancer by 60 percent. Israeli researchers have found that lycopene may also be a powerful inhibitor of lung, breast, and endometrial cancer cells.

According to the U.S. Department of Agriculture, Americans eat more than 16 pounds of fresh tomatoes per person a year and we each consume the equivalent of 70 pounds in processed tomatoes annually—this includes foods such as spaghetti sauce, salsa and pizza sauce.

Florida produces most of the fresh market field-grown tomatoes in the U.S. from December through May each year. The Florida Tomato Committee regulates the handling of tomatoes leaving the state of Florida from early October until mid-June.

You can learn more about tomatoes and ways to incorporate



**Tomatoes are a rich source of antioxidants and vitamins.**

them into your diet by logging onto [www.healthysolutions.tv](http://www.healthysolutions.tv). "Eating Your Way to Health—Tomatoes," examines the latest benefits associated with tomatoes and tomato products.

"People are becoming more conscious about what they consume," explained Tony DiMare of DiMare Farms in Florida. "People are more apt to consume fresh fruits, particularly tomatoes."

*Healthy Solutions* airs as paid programming on CNBC and the Healthy Living Channel. The half hour program, hosted by Emmy winner Mariette Hartley, explores important issues and topics related to America's health and well-being.