



# tomato

**Tomatoes provide a convenient way to get nutrients – they are an excellent source of potassium, folate and vitamins A, C, and E. Tomatoes are also a great source of fibre – tomato paste having the most fibre at 12 g per cup. Tomatoes are low in calories, fat and sodium.**

Tomatoes also contain a variety of phytonutrients including carotenoids and polyphenols. In tomatoes and tomato products, lycopene is the carotenoid with the highest concentration. Chopping and cooking (especially in oil) increase the bioavailability of lycopene. Tomatoes are a concentrated source of flavonols, which are mostly contained in the skin. Many of these nutrients and phytochemicals have antioxidant properties and, in combination with lycopene, may contribute to the numerous health benefits of tomatoes. Enjoy tomatoes fresh when in season but also use processed or canned (look for lower sodium versions) tomatoes and sauces in your favourite recipes!

There is a high degree of scientific consensus about the consumption of a diet that is high in vegetables and fruit particularly those which contain dietary fibre and vitamins A and C, like tomatoes. Enjoy the tomato harvest!



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