

[www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)

- Tomatoes are among the top 10 foods containing high levels of pesticide residue. Wash before serving
- High in potassium and phosphorus, which help lower blood pressure and reduce risk of heart disease, joint pain and fatigue
- 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 vitamins A, C and the antioxidants lutein & zeaxanthin for eyes

**Nutrients in Tomatoes**

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

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

## The Health Benefits of Tomatoes



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

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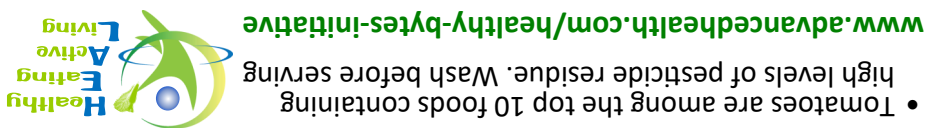
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