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- Tomatoes are among the top 10 foods containing high levels of pesticide residue. Wash before serving
- and reduce risk of heart disease, joint pain and fatigue
- High in potassium and phosphorus, which help lower blood pressure
- Great source of lycopene, shown to reduce risk of prostate cancer, heart attack and stroke; Most abundant in the peels/skins and cooked
- $\bullet$  High in vitamins A, C and the antioxidants lutein & zeaxanthin for eyes
  - A7 Calories, 1.5 gm protein, 1.5 grams fiber, 0 fat, no cholesterol
     Nutrients in Tomatoes

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

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Tomatoes

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### **Nutrients in Tomatoes**

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