



TOMATOES

TOMATOES ARE FULL OF:

ANTIOXIDANTS

Tomatoes are a great source of the antioxidant Lycopene. Lycopene has protective health benefits and can help prevent heart disease.

VITAMINS

Vitamins are necessary for tissue growth and development. A single tomato gives you 40% of your recommend daily Vitamin C intake!

PHYTOCHEMICALS

These are chemical compounds unique to plant that have health protective qualities. Phytochemicals in tomatoes have been linked to lower rates of cancer and heart disease

FIBER

Fiber helps our digestive track stay healthy by ensuring the food we eat moves through our body. Fiber also assists in keeping blood sugar levels stable.

