

# TOMATOES

## Nutrition and Health

Tomatoes are a rich source of lycopene, a powerful antioxidant that has been linked to a reduced risk of heart disease and certain types of cancer. They also contain vitamins A, C, and K, as well as potassium and fiber. <sup>2</sup>

## Selection

When selecting tomatoes, look for ones that are firm, smooth, and free of blemishes. The color should be a deep red, and the stem should be green and fresh. Avoid tomatoes that are soft, wrinkled, or have yellowing at the stem.

## Storage

Tomatoes should be stored at room temperature, away from direct sunlight. Do not refrigerate tomatoes, as this can affect their flavor and texture. <sup>0</sup>

## Preparation

Tomatoes can be eaten raw or cooked. They are a versatile ingredient in many dishes, including salads, soups, and sauces. Wash tomatoes thoroughly before eating.

For more information, visit [www.nutritionfacts.org](#) or call 1-800-232-6233. <sup>01</sup> ( )

