



Tomatoes are an Intensely Nutritious Plant Food

Laikangbam Phonia

Department of Horticulture, SHUATS, Prayagraj

Corresponding Author : laikangbamphonia@gmail.com

Introduction

Tomatoes are now the fourth most popular fresh-market vegetable behind potatoes, lettuce and onions. This article will examine their powerful health benefits, nutritional content and ways to include more tomatoes in the diet. Including tomatoes in the diet can help protect against cancer, maintain healthy blood pressure and reduce blood glucose in people with diabetes. Tomatoes contain key carotenoids such as lutein and lycopene. These can protect the eye against light-induced damage. Eat more tomatoes by adding them to wraps or sandwiches, sauces or salads. Alternatively, eat them cooked or stewed, as these preparation methods can boost the availability of key nutrients. Tomatoes are in the top ten fruits and vegetables for containing levels of pesticide residue. Wash tomatoes before eating.

Tomatoes come in a variety of shapes and sizes and they can be prepared in a variety of ways. Cherry tomatoes, stewed tomatoes, raw tomatoes, soups, liquids and purees are among them. The health advantages can differ depending on the type. Cherry tomatoes for example have more beta-carotene than normal tomatoes. High fruit and vegetable consumption has also been related to improved skin and hair health, enhanced energy and weight loss. Obesity and overall mortality risk are dramatically reduced when fruit and vegetable diet is increased.



Health Benefits of Tomatoes

- Reduces Risk of Heart Disease
- Great Source of Vitamins and Nutrients
- Good for Skin
- Prevents Cancer
- Improves vision
- Maintain Blood sugar Balance
- Good for Hair
- Keeps the Digestive System on Tract
- Used in Various Cooking Dishes
- Reduces the Damage done by Smoking

Tomatoes have Extremely High Nutritional Density

Nutritive Value of Tomato

- Tomatoes are high in vitamin C as well as other antioxidants. Tomatoes contain these compounds, which can assist to prevent the development of free radicals. Cancer is known to be caused by free radicals.
- Lycopene is also found in tomatoes. Lycopene is a polyphenol or plant compound, that has been related to the prevention of one kind of prostate cancer. It's also what gives tomatoes their distinctive red hue.



- Maintaining a minimal sodium intake helps to keep blood pressure in check. Increased potassium intake, on the other hand, may be just as significant due to its artery-widening effects.
- The fiber, potassium, vitamin C and chlorine content in tomatoes all support heart health.
- Tomatoes contain fibre, potassium, vitamin C and chlorine, all of which are beneficial to heart health. Tomatoes contain folate as well. This helps to keep Homocysteine levels in check. Homocysteine is an amino acid produced when proteins are broken down. It's been linked to a higher risk of heart attacks and strokes. One of the risk factors is reduced when Homocysteine levels are managed with folate. Trusted Source for heart disease. Heart disease information from a reliable source.
- Tomatoes are high in the antioxidant lycopene. It gives them their vibrant red colour while also helping to protect them from the sun's UV assaults. It can also help protect your cells from injury in the same way. Potassium, vitamins B and E and other minerals are also found in tomatoes.
- People with type 1 diabetes who consume high-fiber diets had reduced blood glucose levels, while people with type 2 diabetes may have improved blood sugar, lipids and insulin levels, according to studies. One cup of cherry tomatoes has about 2g of fibre Trusted Source (g).
- Consuming foods high in water and fibre, such as tomatoes, may aid hydration and promote regular bowel movements. Tomatoes are often described as a laxative fruit.
- Tomatoes are frequently referred to as a laxative fruit. Lycopene, lutein and beta-carotene are abundant in tomatoes. These are potent antioxidants that have been demonstrated to protect the eyes against light-induced damage, cataract formation and Age-Related Macular Degeneration (AMD).
- Lycopene is an antioxidant, which means it fights free radicals, which can harm your cells and impair your immune system. As a result, foods high in lycopene, such as tomatoes, may reduce your risk of lung, stomach or prostate cancer. Some research shows they might help prevent the disease in the pancreas, colon, throat, mouth, breast, and cervix as well. According to certain studies, they may also help prevent disease in the pancreas, colon, throat, mouth, breast and cervix.
- Tomatoes include lutein and zeaxanthin, which may help protect your eyes from blue light emitted by digital gadgets such as smartphones and laptops. They may also aid in the prevention of fatigued eyes and the relief of headaches caused by eyestrain.
- Some research suggests that tomatoes may be beneficial for those with asthma and may help prevent emphysema a condition in which the air sacs in your lungs gradually deteriorate. This could be because antioxidants like lycopene, lutein and zeaxanthin, among others, combat the toxic compounds found in cigarette smoke, which is the major cause of emphysema.
- Including more tomatoes in your diet may reduce your risk of having a stroke, which occurs when blood flow to a portion of the brain is cut off. They may help to reduce inflammation, improve your immune system, cut cholesterol and



keep your blood from clotting, according to studies.

- Lycopene may aid in the treatment of gingivitis and periodontitis, as well as cancer prevention, by fighting free radicals. However, because of the high acid content, eating a lot of raw tomatoes can damage your teeth's enamel and brushing right afterward can make it worse. It's best to wait at least 30 minutes before brushing your teeth.

Conclusion

As a result, we can conclude that tomatoes are not only delicious but also nutritious. They are in fact, quite excellent for maintaining and improving general health. Don't forget to include tomatoes in your regular diet to reap all of their benefits.

Reference

Written by Megan Ware, RDN, L.D. on September 25, 2017 Benefits Nutrition Diet Risks

❖❖