



Tomatoes

Why tomatoes are a smart choice

One little tomato can do big things for your body. Tomatoes are a top source of lycopene, a powerful cancer-fighting antioxidant that also helps strengthen your heart and immune system.¹ Tomatoes can help fight inflammation and are loaded with vitamin C, which is great for your skin — and vitamin A, which is great for your eyes.

Tomatoes come in many varieties throughout the year. Choose brightly colored and vine-ripened tomatoes to get the most nutrients. Add them to a pasta, side dish or salad. Here's a tip: Your body can absorb lycopene best when it's paired with healthy fats, like avocado or olive oil,¹ so try this winning combo.



Smart eats for better health

Cucumber tomato avocado salad²

Ingredients

1 lb roma tomatoes
1 english cucumber
½ medium red onion, sliced
2 avocados, diced
2 tbsp extra virgin olive oil or sunflower oil
Juice of 1 medium lemon (about 2 tbsp)
¼ cup cilantro, chopped
1 tsp sea salt or ¾ tsp table salt
⅛ tsp black pepper

Directions

1. Place chopped tomatoes, sliced cucumber, sliced red onion, diced avocado and chopped cilantro into a large salad bowl.
2. Drizzle with olive oil and lemon juice. Toss gently to combine. Just before serving, toss with sea salt and black pepper.

A recipe for better health

Nutritional information — per serving; makes 4 servings
Calories 304; Total fat 27 g; Sodium 484 mg; Carbohydrates 17.3 g; Protein 3.6 g; Potassium 902 mg

Sources

- 1 DrAxe website: Tomato Nutrition Helps You Fight Cancer & Inflammation (accessed November 2016): draxe.com
2 Natasha's Kitchen website: Cucumber Tomato Avocado Salad (accessed November 2016): natashaskitchen.com