



## Tomatoes are Tops for Lycopene

adapted from: *365 Days of Healthy Eating* by Roberta Larson Duff & <http://www.healthcastle.com/lycopene->

Summer is the time to enjoy fresh locally grown tomatoes! Lycopene, a powerful antioxidant, is abundantly found in tomatoes. Compelling evidence exists that lycopene may help reduce prostate cancer and heart disease risk. **\*\*\*MEN:** Enjoy the benefits of lycopene by eating more tomatoes and especially processed tomato products. Indeed, research showed that lycopene is better absorbed by the body when tomatoes are processed due to the fact that lycopene is bound to the tomato's cell structure; processing releases lycopene from the cell structure. Researchers looked at blood levels of lycopene and discovered that the aggressive form of prostate cancer decreased with increasing lycopene levels. High lycopene levels in the blood are associated with low levels of PSA. Intake of 50 Mg of lycopene daily causes these higher levels to exist.

<i>Lycopene Content in Tomato Foods</i>	<i>mg/100g</i>
Raw Tomatoe	3.0
Tomatoe juice	9.5
Tomatoe Ketchup	15.9
Chili Sauce	19.5
SpaghettiSauce	21.9
Tomatoe Paste	42.2

**\*\*\*WOMEN:** Publication of a study this month in the *Journal of Nutrition* found that women with the highest intake of tomato-based foods, rich sources of the antioxidant lycopene, had a reduced risk for cardiovascular disease compared to women with low intake of those foods.[1] The study also showed a positive trend that the highest dietary levels of lycopene may also be protective against cardiovascular disease. The present study is the first published report on the association of lycopene levels and cardiovascular disease exclusively in women.

Adapted from : [http://www.supplementquality.com/efficacy/lycopene\\_heartdisease.html](http://www.supplementquality.com/efficacy/lycopene_heartdisease.html)

