

# Fresh Facts:

## Tomatoes

### Chef Ben's cooking tip:

Try to include both raw and cooked or processed tomatoes in your diet. Raw tomatoes offer higher levels of vitamins, but the lycopene in cooked and processed tomatoes is easier for your body to absorb.

### HEALTHY INSIGHTS

- Tomatoes are the major dietary source of the antioxidant lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer.
- They are also a great source of vitamin C, potassium, folate, and vitamin K.
- Studies show that tomatoes and tomato products may reduce your risk of heart disease and several cancers. They are also beneficial for skin health, as they may protect against sunburns.

### FRESH TRIVIA

The biggest tomato fight in the world happens each year in the small Spanish town of Buñol. The festival called La Tomatina, involves some 40,000 people throwing 150,000 tomatoes at each other.



**SPICE**  
— FIELD KITCHEN —

