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HEALTH BENEFITS OF TOMATOES

Tomatoes form an integral part of most cuisines across the globe. Daily consumption of tomatoes provides a great boost to health along with improving the flavour of foods. They are loaded with many health benefits including the below.

Boost Digestive Health: Tomatoes help keep your digestive system healthy by preventing both constipation and diarrhoea. By improving overall digestive health, they can substantially reduce your chances of getting other serious health issues.

Improve Vision: The vitamin A found in tomatoes, aids in improving vision as well as in preventing night-blindness and macular degeneration.

Keep Your Heart Healthy The lycopene in tomatoes prevents serum lipid oxidation which helps protect against cardiovascular diseases. The regular consumption has been proven to decrease the levels of bad cholesterol and triglycerides in the blood.

Lower Hypertension Consuming a tomato daily reduces the risk of developing hypertension. This is partially due to the high levels of potassium found in it. Potassium is a vasodilator which minimises tension in blood vessels and arteries, thereby increasing blood circulation and reducing heart stress.

Improve Skin Health Tomatoes aid in maintaining healthy teeth, bones, hair and skin. While daily consumption of tomatoes protects the skin against UV-induced erythema, tomato juice is known to cure severe sunburns when used topically. In addition, they rank high in preparation of anti-aging products. Adding tomatoes to your daily diet can shrink pores, fight acne, remove blackheads, cut out the oil and revitalise your skin.

Prevent Urinary Tract Infection (UTI) Eating tomatoes can reduce the incidence of urinary tract infections as well as bladder issues. Due to high water content, tomatoes can stimulate urination which helps keep the body clear of toxins, excess water, salts and uric acid that typically cause kidney and bladder problems.

Support Bone Health Tomatoes contain a considerable amount of calcium and vitamin K. Both of these nutrients are essential in strengthening and restoring the health of bones, including bone tissues.

Reduce Cancer Risk Tomatoes contain a large amount of lycopene that is highly effective in scavenging cancer causing free radicals. This makes them particularly effective in preventing prostate, cervical, stomach, rectum, pharynx, oesophageal, breast, oral and colorectal cancer.



References:

<https://www.floridatomatoes.org/news-events/10-reasons-why-you-should-be-eating-more-tomatoes/>

