

TOMATOES

Nutrition and Health

Tomatoes are a rich source of lycopene, a powerful antioxidant that has been linked to a reduced risk of heart disease and certain cancers. They also contain vitamins A, C, and K, as well as potassium and fiber. ²

Selection

When selecting tomatoes, look for ones that are firm, smooth, and free of blemishes. The color should be a deep red, and the stem should be green and fresh. Avoid tomatoes that are soft, wrinkled, or have yellowing at the stem.

Storage

Tomatoes should be stored at room temperature, away from direct sunlight. Do not refrigerate tomatoes, as this can affect their texture and flavor. ⁰

Preparation

Tomatoes can be eaten raw or cooked. They are a versatile ingredient in many dishes, including salads, soups, and sauces. Wash tomatoes thoroughly before eating.

For more information, visit [www.fda.gov](#) or call 1-800-535-5852. ⁰¹ ()

