

You Say Tomato

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Nothing says summer like a ripe, red, home grown tomato. Whether you indulge in “mater” sandwiches or Insalata Caprese salads (tomato slices with fresh mozzarella and basil), now is the time. But taste is only one of the benefits of this delicate vegetable (or is it a fruit?). Botanically speaking, tomatoes are a fruit, but calorie and taste-wise, we count them as a vegetable.

Tomatoes and tomato products are high in folate, fiber, Vitamins C, A, and K and other disease-fighting antioxidants, such as lycopene. This flavonoid has been studied extensively in the last five years and seems to be protective against a growing list of cancers including colorectal, prostate, breast, endometrial, lung, and pancreatic cancers. It doesn't even have to be at its most luscious to be nutritious. So whether you slice it, dice it, stew it, grill it, roast it, or chomp into it — just eat it.