

# TOMATOES

Delicious, Healthy, Versatile

## A fruit or a vegetable?



A tomato, *Solanum lycopersicum*, is a fruit. However, it has less sugar content than other fruits with a slightly sweet and more savoury taste that can be paired well with other vegetables.

## Historically an ornamental plant

Originated from South America and introduced to Europe in the 1500s, the tomato plant was grown for its beauty rather than for edibility. It was thought to be poisonous as it belongs to the nightshade family, many of which are deadly to human.

## Primary food produced in greenhouses across Canada

Tomatoes are a warm season crop. To meet the increasing demand for fresh tomatoes all year round, they are first seeded in greenhouses. Canada is the main producer of greenhouse tomatoes in North America.

## Contribute to tomatoes sustainability:

1. Buy organic or non-GMO tomatoes to support safe farming practices
2. Buy local tomatoes to reduce greenhouse gas emissions
3. Grow your tomato plants in your garden or in community gardens



Carbon Footprint: One tomato (150 g) is equivalent to:

**0.32 kg CO<sub>2</sub>**

## Major dietary source of the antioxidant lycopene

### NUTRITIONAL VALUE PER 100G OF TOMATOES

Calories	18 kcal
Total Fat	0.2 g
Total Carbohydrates	3.9 g
Dietary Fibers	1.2 g
Proteins	0.9 g
Potassium	237 g
Vitamin C	13.7 mg
Lycopene	7.7 mg

## Health benefits associated with lycopene

Lycopene is an antioxidant as it protects cells against damage. Studies have shown that consuming lycopene-rich food can:



Prevent hardening of arteries and heart diseases



Decrease the risk of cancer and disorders related to aging



Reduce the incidence of macular degeneration

## Versatility of tomatoes in the kitchen

- Paste
- Soup
- Cream
- Sauce
- Stew
- Vinaigrette
- Juice
- Salad
- Ketchup

## Recipe ideas using tomatoes

- Ratatouille
- Bruschetta
- Tomato Rice
- Shakshuka

Just to name a few!



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