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WHFoods: Tomatoes

Tomatoes, technically a fruit, come in a many different colors including red, orange, green, purple and brown. You can eat them fresh off the vine, add them to salads or cook in meals. Cooking tomatoes tones down their acidity and bitterness and brings out their rich, sweet flavor.

Tomatoes are packed with vitamins and nutrients. They are high in vitamins A, C, and K and contain high amounts of fiber, chromium and potassium.

Tomatoes also contain lycopene which study after study has shown to help reduce your risk of cancer. To find out more about these super foods click on the link below. You'll find more information on their health benefits, their history and how to enjoy them.

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