



Article

@newswire/tomatoes-the...

0 online ▾ ★ Today ☆ This week 🔍 Search ▾ + Subscribe ▾



Market Depth



Get CEO.CA Pro
Real-time Level 2 Market Depth
[Click for live demo](#)

\$50 OFF

\$50 Off Your First Month!
TSX, TSXV, or CSE Exchanges
[Sign up here](#)

@newswire's Articles



11 Jan 2025, 17:40 •
@newswire More than 85
Governments to Gather in Riyadh to
Lead Global Action on Minerals at
Fourth Future Minerals Forum



11 Jan 2025, 17:36 •
@newswire More than 85

by @newswire on 14 Nov 2024, 8:00

Tomatoes - the elixir of youth: the virtues of lycopene illustrated by the "Red Gold Tomatoes from Europe" project promoted by ANICAV.

*"Red gold" is an important ally when it comes to health.*

COPENHAGEN, Denmark, Nov. 14, 2024 /PRNewswire/ -- **Good, red, juicy and versatile.** The prince of mealtimes all over the world: **tomatoes**. They are a staple of the Mediterranean diet, but also a source of nutrients and vitamins, and above all **lycopene**. This hydrocarbon gives tomatoes their red colour, and helps the body defend itself against free radicals, preventing diseases related to cellular aging. This is why **tomatoes are considered an ally for good health and an elixir of youth**. So says the international project **"Red Gold Tomatoes from Europe"**, supported by ANICAV (Italian Association of Canned Vegetables Industries) and co-funded by the European Union, which promotes consumption and supports the export of **Italian organic preserved tomatoes to Denmark**.



Lycopene is known to have important antioxidant, cardioprotective and anticancer properties. Tomato pulp contains 11mg of lycopene per 100g, and there are 54mg per 100g in tomato skin. A high level of lycopene in the blood is associated with a **low incidence of certain cancers**, particularly prostate cancer. Tomatoes are rich in **vitamin C** (fundamental for the immune system); according to the WHO (World Health Organization), we require at least 45mg daily to protect against disease. **100g of ripe tomatoes contains 25mg, while 100g of processed tomatoes contains 43mg.**

Tomatoes can be used in **natural cosmetics** too: apply a mixture of tomato juice, glycerine and salt for soft and smooth hands, or make a **beauty mask with tomato extracts** for toned skin. And for teenagers, creams prepared with tomatoes **can treat acne**.

Tomatoes are low in calories - **only 18 per 100g**. They provide about 1g of protein per 100g, are full of water and are therefore an effective **diuretic**, if eaten raw and without salt. **Tomatoes have a very special characteristic: cooking improves the bioavailability of lycopene** and enhances their antioxidant effects. Kids can snack on a delicious tuna and tomato sandwich and tomato juice. Remember: tomatoes must be properly red and ripe; otherwise, they do not contain lycopene - that is so beneficial. Try this tasty recipe:

Smoked herring with roasted pepper and canned organic whole peeled tomato sauce

<https://redgoldfromeurope.eu/recipes/smoked-herring-with-roasted-pepper-and-canned-organic-whole-peeled-tomato-sauce/>

Find out more on <https://redgoldfromeurope.dk>

Follow us on:

Facebook: <https://www.facebook.com/redgoldfromeuropedk>

Instagram: <https://www.instagram.com/redgoldfromeuropedk>

YouTube: <https://www.youtube.com/@redgoldfromeuropedk>



Join the Community!

- Track stocks in real-time
- Build your portfolio
- Connect with top investors
- News alerts, insider trades & much more

Sign Up

Log In

home

feed

Featured

boardroom

index

popular

editors

articles



Photo - https://mma.prnewswire.com/media/2555100/Smoked_herring_with_roasted_pepper_and_canned_organic_whole_peeled_tomato_sauce.jpg
Logo - https://mma.prnewswire.com/media/2186814/Visual_ORG.jpg
Logo - https://mma.prnewswire.com/media/2186818/Footer_DK.jpg

View original content:<https://www.prnewswire.co.uk/news-releases/tomatoes--the-elixir-of-youth-the-virtues-of-lycopene-illustrated-by-the-red-gold-tomatoes-from-europe-project-promoted-by-anicav-302302507.html>



[@newswire] Tomatoes - the elixir of youth: the virtues of lycopene illustrated by the "Red Gold Tomatoes from Europe" project promoted by ANICAV.
[@newswire/tomatoes-the-elixir-of-youth-the-virtues-of-lycopene](#)
from #newsroom, 14 Nov 2024, 8:00



Governments to Gather in Riyadh to Lead Global Action on Minerals at Fourth Future Minerals Forum

[Sign up](#) to become a contributing member of the community.

newsroom