

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

November 14 2024 - 1:00AM

PR Newswire (US)

Print

PostShare

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

NAPLES, Italy, 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 Sweden**.



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:

Swedish-style salmon (gravlax), organic datterini cherry tomatoes and basil focaccia

<https://redgoldfromeurope.eu/recipes/swedish-style-salmon-gravlax-organic-datterini-cherry-tomatoes-and-basil-focaccia/>

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

Follow us on:

- <https://www.facebook.com/redgoldfromeuropese>
- <https://www.instagram.com/redgoldfromeuropese/>
- <https://www.youtube.com/@redgoldfromeuropese>




Photo -

https://mma.prnewswire.com/media/2555106/Swedish_style_salmon__organic_datterini_cherry_tomatoes_and_basil_focaccia.jpg


Logo - https://mma.prnewswire.com/media/2186814/Visual_ORG.jpg

Logo - https://mma.prnewswire.com/media/2186816/Footer_SE.jpg

 Cision 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-302302518.html>

Copyright 2024 PR Newswire

Your Recent History

AMEX  SPY SPDR S&P 500	USOTC  NLST Netlist (QB)	NASDAQ  MULN Mullen Automotive
---	---	---

