

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

NEWS PROVIDED BY

EU RED GOLD ORG & ASIA →

14 Nov, 2024, 06:00 GMT

"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**.



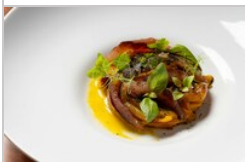
Smoked_herring_with_roasted_pepper_and_canned_organic_whole_peeled_tomato_sauce



Visual_ORG



Footer_DK



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>**

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**