



tomato

5/14/2024

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Cruising Review

Tomato: Publications and Research from  
SwissMixIt

## Structured Data



This webpage QR code

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The tomato (*Solanum lycopersicum*) is a fruit from the nightshade family native to South America. Despite botanically being a fruit, it's generally eaten and prepared like a vegetable. Tomatoes are the major dietary source of the antioxidant lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer. Lycopene is a carotenoid that gives many fruits and vegetables their red color. They are also a great source of vitamin C, potassium, folate, and vitamin K. Usually red when mature, tomatoes can also come in a variety of colors, including yellow, orange, green, and purple. What's more, many subspecies of tomatoes exist with different shapes and flavor. Cherry tomatoes and small yellow tomatoes have highest lycopene content. Cooking can increase lycopene availability (absorption).

PDF Version of the webpage (first pages)

<https://cruisingreview.com/smx/tomato.html>

## Tomato Botanical Information

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Keywords: tomatoes, Allantoin, lycopene, carotenoids, lycopenoids, bioavailability, cancer, cardiovascular disease, Tomato, Phenolics, Carotenoids, Bioactivities, Health benefits, abiotic stress, fruit set, fruit ripening, genetic control, hormonal control, primary metabolism, secondary metabolism, *Solanum lycopersicum*, Food science, Antioxidant, Phenolic compound, Food component analysis, Chemical composition of food, Chemical characterization of food, Food biochemistry, Lycopene, Carotene, Hepatotoxicity, Antiproliferative activity, nutrition, diet, ultraviolet protection, skin aging, antioxidants, fatty acids, flavonoids, vitamins, lycopene, ice cream, antioxidant effect, serum, skin surface, Tomato, Sunscreen Lotion, Sun Protection Factor, *Solanum lycopersicum*, herbal lipstick, Formulation, cosmetics, Lycopene, Extractor Naviglio, tomato-waste, HPLC-Diode array, solid-liquid extraction, chromatography, Antioxidant activity, Polyphenol, Tomato



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