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tomato-for-health-while-travel-by-cruising-review

Cruising Review

Tomato benefits for health series by Cruising Review to enhance and protect health before, while, and after traveling.



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Explore the tomato's journey from seed to superfood, uncovering its cultivation, nutritional benefits, optimal forms for consumption, and innovative uses in tea and body lotions for health and beauty enhancement.

PDF Version of the webpage (first pages)

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The Tomato: Nature's Marvel for Health and Beauty

The tomato, a staple in kitchens around the world, is not just a versatile culinary ingredient but also a powerhouse of nutrition. Belonging to the nightshade family, tomatoes are fruits technically classified as berries. They are cultivated through a fascinating process that involves seed selection, planting, and careful nurturing until the fruits ripen, showcasing a range of colors from vibrant reds to yellows and even purples.

Growth and Cultivation

Tomatoes are grown from seeds planted in nutrient-rich soil. These seeds sprout into seedlings, which are then transferred to larger spaces or outdoor gardens as they grow. The plants require warmth, sunlight, and regular watering to thrive, eventually producing clusters of fruit. The tomato's lifecycle, from a seed to fruit, is a delicate process influenced by environmental conditions, soil quality, and care practices, yielding fruits that are both delicious and nutrient-dense.

Health Benefits and Optimal Consumption

Rich in vitamins C and K, potassium, folate, and antioxidants such as lycopene, tomatoes offer a myriad of health benefits. Lycopene, in particular, is a potent antioxidant known for its protective effects against heart disease and cancer. Studies have shown that the body best absorbs lycopene when tomatoes are consumed cooked or processed, as the heating process breaks down the cell walls of the tomato, releasing more lycopene. Thus, tomato-based sauces, soups, and even ketchup can be excellent sources. Moreover, pairing tomatoes with healthy fats like olive oil can further enhance lycopene absorption.

Unconventional Uses: Tea and Body Lotion

While not traditionally used in tea, some cultures utilize tomato leaves to create herbal infusions believed to have health benefits, though this practice is not widespread due to potential toxicity concerns. On the skincare front, tomato extracts are increasingly found in body lotions and creams for their rich antioxidant content. These topical formulations aim to harness the tomato's vitamins and antioxidants, offering protective and rejuvenating effects on the skin. Such products may help in improving skin texture, reducing inflammation, and combating oxidative damage from environmental stressors.

Conclusion

The humble tomato offers far more than just flavor to our meals; it's a nutritional gem that supports heart health, fights against oxidative stress, and may even offer benefits when applied topically. By incorporating tomatoes into our diets—preferably in cooked or processed form for maximum lycopene absorption—we can tap into their potent health benefits. Additionally, exploring tomato-based skincare products can be a novel way to leverage its antioxidant properties for skin health.

Notes

1. Giovannucci, E. (1999). Tomatoes, tomato-based products, lycopene, and cancer: Review of the epidemiological literature. *Journal of the National Cancer Institute*, 91(4), 317-331.
2. Story, E. N., Kopec, R. E., Schwartz, S. J., & Harris, G. K. (2010). An update on the health effects of tomato lycopene. *Annual Review of Food Science and Technology*, 1, 189-210.
3. Burton-Freeman, B., & Sesso, H. D. (2014). Whole food versus supplement: comparing the clinical evidence of tomato intake and lycopene supplementation on cardiovascular risk factors. *Advances in Nutrition*, 5(5), 457-485.

Tomato

TOMATO : 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). tomatoes, Allantoin, lycopene, carotenoids, lycopeneoids, 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, Ste

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Summary of Abstracts: **Nutritional Composition and Bioactive Compounds in Tomatoes and Their Impact on Human Health and Disease: A Review** [tomatoes, Allantoin, lycopene, carotenoids, lycopeneoids, 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, solid phas] Tomatoes contain minerals, vitamins, proteins, essential amino acids (leucine, threonine, valine, histidine, lysine, arginine), monounsaturated fatty acids (linoleic and linolenic acids), carotenoids (lycopene and β -carotenoids) and phytosterols (β -sitosterol, campesterol and stigmasterol). Lycopene is the main dietary carotenoid in tomato and tomato-based food products and lycopene consumption by humans has been reported to protect against cancer, cardiovascular diseases, cognitive function and osteoporosis. Among the phenolic compounds present in tomato, quercetin, kaempferol, naringenin, caffeic acid and lutein are the most common.

Mechanistic Insight of Allantoin in Protecting Tomato Plants Against Ultraviolet C Stress Allantoin ((AT) a purine metabolite)-mediated ultraviolet C (UVC) stress mitigation has not been studied to date. Here, we reported the physicochemical mechanisms of UVC-induced stress in tomato (*Solanum lycopersicum* L.) plants, including an AT-directed mitigation strategy. UVC stress reduced plant growth and photosynthetic pigments.

An Update on the Health Effects of Tomato Lycopene Lycopene is a non-provitamin A carotenoid that is responsible for the red to pink colors seen in tomatoes, pink grapefruit, and other foods. Although promising data from

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