

Lets talk SUPER FOODS! Aren't TOMATOES incredible? Many of you know they look and taste great, but do you also know why they are SO HEALTHY for you? Well, read on to learn more.

One large raw tomato contains 33 calories, 7.1g [carbohydrates](#), 1.6g [protein](#), 0.36g [fat](#), 4.8g sugar, and 2.2g fiber. Tomatoes are a good source of [potassium](#) and an excellent source of [vitamin C](#), [vitamin K](#), and [vitamin A](#).

In addition, they are especially rich in the carotene lycopene, a crucial phytonutrient with antioxidant properties. Diets rich in lycopene have been linked to many health advantages, from improved cardiovascular function to better protection against cancer to stronger bones.

Potassium is an essential mineral that the body can only obtain through food. Potassium is important for cell membrane behavior including nerve impulse transmission, cardiac function, and muscle contraction.

Vitamin C has many important functions in the body: it acts as an antioxidant, supports iron absorption, regenerates vitamin E supplies, helps develop collagen, and more.

Vitamin K helps with blood clotting, amino acid metabolism, cell signaling in bone tissue, and more. It is especially important right after birth, as it prevents excessive bleeding in infants.

Vitamin A is actually the collective name for a group of fat-soluble vitamins. Vitamin A has many essential functions, including helping with the formation of visual pigments (i.e. eyesight), assisting with immune function and wound healing, helping with embryonic development, and more.

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