

**“WHEN PROJECT”**  
**Weekly Health Education**  
**Program**

**1 Corinthians 10:31**



**August Fruit of the Month is a Tomato**

Tomatoes fit the scientific definition of fruit (berry) as they form from a flower and contain seeds. So **botanically, tomatoes are fruit**. However, the way we eat them and treat them in cooking means that they also fall into the legal category of vegetables.

**Benefits of eating Tomatoes**

Tomatoes are juicy and sweet, full of antioxidants, and **may help fight several diseases**. They are especially high in lycopene, a plant compound linked to improved heart health, cancer prevention, and protection against sunburn. Tomatoes can be a valuable part of a healthy diet. Tomatoes contain lycopene, which **may help lower your “bad” cholesterol and blood pressure levels**. Lowering these numbers helps lower your chances of heart disease. The intake of tomatoes may also improve eye health, digestive health, and reduce risk of osteoporosis.

Tomatoes also have low calories, which help you keep your weight in check. Diabetics often face a lot of problems with their weight.

**Is it good to eat tomatoes every day?**

Tomatoes are wealthy in natural nutrients and minerals, such as Vitamin A, K, B1, B3, B5, B6, B7, and vitamin C. It additionally has folate, iron, potassium, magnesium, chromium, choline, zinc, and phosphorus. Daily intake of tomatoes can provide a great lift to wellbeing, along with improving the flavor of food.