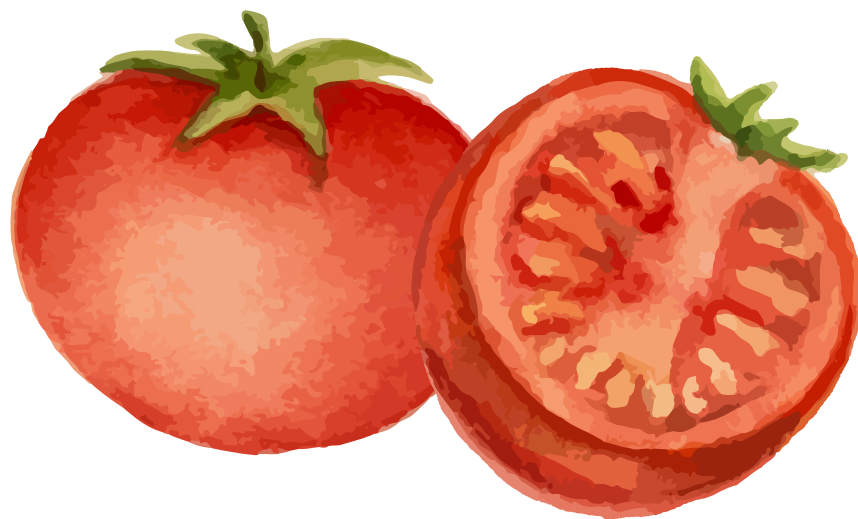


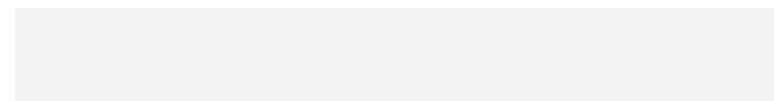


Tomatoes



Tomatoes are rich in lycopene, a powerful antioxidant that may help reduce the risk of pancreatic cancer. Researchers from the University of Montreal found that lycopene was linked to a 31% reduction in pancreatic cancer.

Today's tomatoes are from:



Did you know?

Botanically, tomatoes are fruits, but legally they are vegetables. In the early 1800s, an importer claimed tomatoes were fruits to avoid a vegetable tax. The supreme court ruled that in "common language" tomatoes are in fact a vegetable.

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