



Tomatoes

Lycopene, the natural pigment that makes tomatoes red, can help reduce the risk of prostate cancer – one of the most common cancers in men. A six-year study of 48,000 male health professionals, conducted at Harvard Medical School, found that consuming tomato products more than twice a week reduced the risk of prostate cancer by up to 34%. Processed tomatoes are a richer source of lycopene because the processing makes the lycopene more easily absorbed by the body. It is now thought that lycopene may also offer protection against cancer of the cervix in women.