

# Great use of tomatoes with health and beauty

If you add tomatoes to your daily menu, you will receive unexpected benefits.

Tomatoes are a great food, very good for health and beauty. Not only is it high in micronutrients, but tomatoes are low in cholesterol, saturated fat, sodium and calories. So, if you add tomatoes to your daily menu, you will receive unexpected benefits.

## 1. Prevent cancer

According to scientific studies, tomatoes contain many substances that can fight against free radicals causing cancer including strong antioxidants and vitamin C. The lycopene content of tomatoes is very high, also can help prevent disease. cancer.



Tomatoes also contain carotenoids in high concentrations, which can prevent the growth and growth of breast cancer in women.

Eating tomatoes regularly also helps protect against prostate cancer, reducing the risk of some other cancers such as stomach, throat, lung, cervix, rectum, esophagus, colon and chamber cancer. egg...

Note: When processing tomatoes with olive oil, the anti-cancer effects of this fruit will be increased.

## 2. Protect cardiovascular health



Tomatoes contain lots of choline, potassium, fiber and vitamin C which may help improve heart function. The results of many experiments showed that tomato products also help protect the inner layer of blood vessels and reduce the risk of blood clotting.

### **3. Inhibiting the harmful effects of cigarette smoke**



Cigarettes contain nitrosamines, a toxic substance that can lead to cancer. The human body also produces this substance itself. However, inside tomatoes contain chlorogenic acid and coumaric acid, two substances that can

reduce the amount of nitrosamines in the human body down.

The vitamin A in tomatoes also has the ability to inhibit the damaging effects of carcinogens, including nitrosamines that help prevent lung cancer.

#### **4. Skin lightening**



Rubbing tomato paste on your face will help regenerate, tighten pores, and tone your face. Tomatoes have such a great beauty because they contain lycopene and beta-carotenes, but also help protect the skin from the sun.

The vitamins in tomatoes are essential for the body to synthesize collagen, help skin firm, heal wounds, improve elasticity.

#### **5. Tomatoes help improve the digestive system**

Tomatoes are rich in fiber, so eating more tomatoes will help prevent constipation, diarrhea and hemorrhoids. The folate in tomatoes helps reduce the risk of colon cancer and prevents colorectal cancer.

Eating lots of tomatoes also helps us eliminate toxins in the body and reduce the risk of jaundice.

#### **6. Help you have a good sleep**



Eating tomatoes daily will help you have a good night's sleep because it is rich in vitamin C and lycopene.

### **7. Reduce blood sugar**



Results of several studies show that the antioxidants in tomatoes have a protective effect on the walls of the kidneys and kidneys, which are vulnerable to diabetes. Because tomatoes contain chromium and fiber, and very little carbohydrate, reduce and control blood sugar.

### **8. Helps strengthen bones**

This fruit is rich in vitamin K and calcium which helps strengthen bones and prevent osteoporosis.

### **9. Cure chronic diseases**



Carotenoids and bioflavonoids - the anti-inflammatory substances in tomatoes can reduce TNF-alpha levels in the blood and reduce chronic pain.

For people with cardiovascular disease and Alzheimer's, tomatoes are a great choice.

### 10. Help with weight loss



Tomatoes contain a lot of fiber and water so when you eat this fruit you will feel full. In addition, tomatoes are very low in fat and contain no cholesterol, so this is a good food for those who intend to lose weight.

### 11. Good for hair



The vitamins and iron in tomatoes help restore damaged, lifeless hair. The acidity of tomatoes can also balance the pH in the hair.

After shampooing, apply fresh tomato juice to the hair and scalp, after 4-5 minutes of shampooing with cold or warm water will help to improve dandruff and itching. However, this should not be done as often as it can cause dry scalp.

1. Bananas are great and here are 8 reasons to eat 1-2 bananas a day
2. Do not sleep while sleeping and this is the reason

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