

See Red and Lose Weight

Tomatoes are one of our favorite fat-burning foods. They help reduce inflammation and reverse leptin resistance. Reversing leptin resistance is the key to losing those stubborn extra pounds. That is why tomatoes are used almost daily in *The Fat Resistance Diet*.

Tomatoes are excellent sources of potassium and several vitamins:

- Folic acid
- Vitamin A
- Vitamin C
- Vitamin E

Tomatoes also contain important anti-inflammatory nutrients called carotenoids and bioflavonoids. Key tomato carotenoids are lycopene, a red pigment with potential anti-cancer effects, and beta-carotene, an orange pigment that is an important antioxidant to protect against damage from sunlight.

Bioflavonoids, which are concentrated in the tomato skin, counteract inflammation and allergic reactions. The main compounds are quercetin and kaempferol.

Studies indicate that tomato consumption is associated with a reduced risk of:

- Prostate cancer
- Ovarian cancer, especially in premenopausal women
- Digestive tract cancers
- Cardiovascular disease
- Asthma and chronic lung disease

The absorption of carotenoids and flavonoids from tomatoes is greater from cooked tomatoes than fresh tomatoes, since cooking breaks down the tomato cell matrix and makes the carotenoids more available. The addition of olive oil to diced

tomatoes during cooking greatly increases the absorption of lycopene. Oil is essential for absorbing carotenoids from tomatoes in salads or salsa. There is almost no absorption of these vital nutrients from salad eaten with a nonfat dressing.

The recipes and meal plans in our book give you a variety of delicious ways to prepare tomatoes. From our frittatas and omelets at breakfast; salads, sandwiches, and pasta at lunch; to appetizers, entrées, and salads for dinner, we show you wonderful ways to get tomatoes into your day.

Summertime is the perfect season to enjoy tomatoes. Look for fresh ripe tomatoes at farmer's markets in the city or a farm stand in the country or at your local supermarket. They are so tasty and plentiful now, you will want to stock up to make our delicious Gazpacho for your friends and family.

Further information about adopting a healthy lifestyle is available at .

Dr. Leo Galland is a board-certified internist who received his education at Harvard University and the New York University School of Medicine. He has held faculty positions at New York University, Rockefeller University, the State University of New York, and the University of Connecticut. He has written three highly acclaimed popular books, *The Fat Resistance Diet*, *Power Healing* and *Superimmunity for Kids*.

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