



# TOMATO



There are over 10,000 tomato cultivars worldwide.



Italy is 1st producer of tomatoes in the EU. In Poland, we are producing almost 235k tones of tomatoes annually.



Statistical European eats 2 times more processed tomatoes than raw ones.



Food industry uses from 40% to 60% of annual tomatoes production. The rest is used for direct consumption and export.

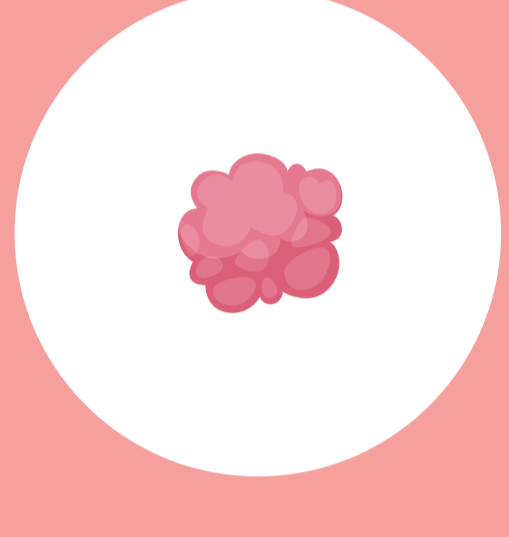
## TOMATO FOR HEALTH



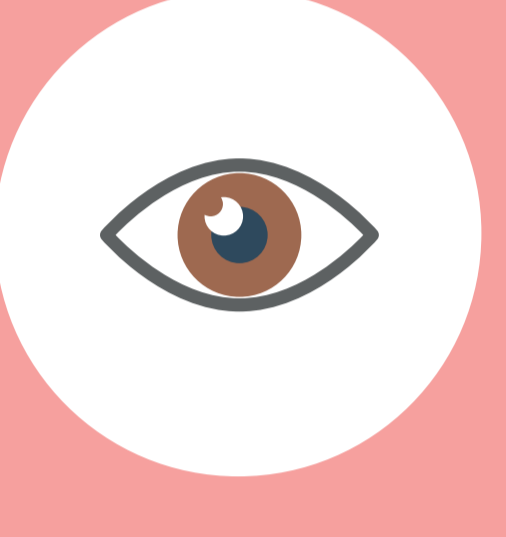
rich source of vitamins C, A, K, E



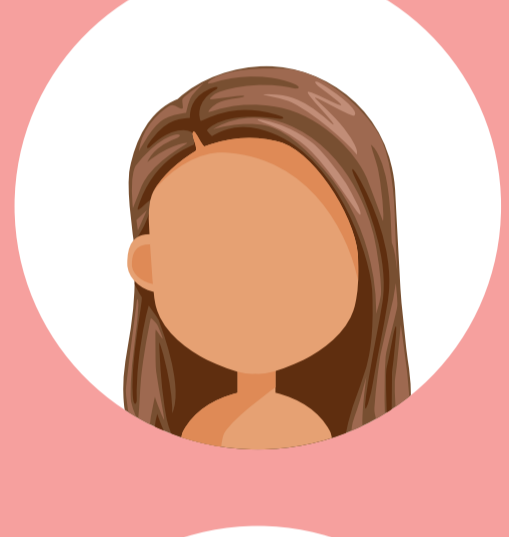
mitigates symptoms of urinary tract infection



lycopene shows anticancer activity



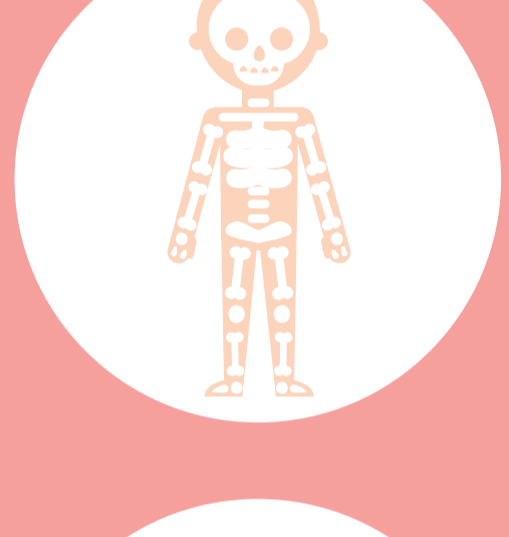
lutein and B-carotene improve vision and prevent cataract



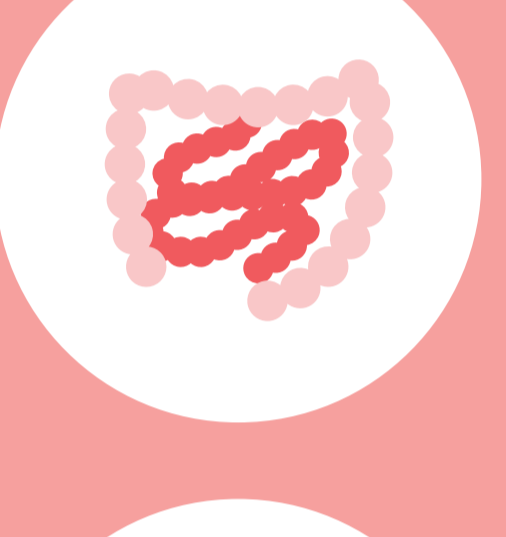
enhances the quality of skin and hair



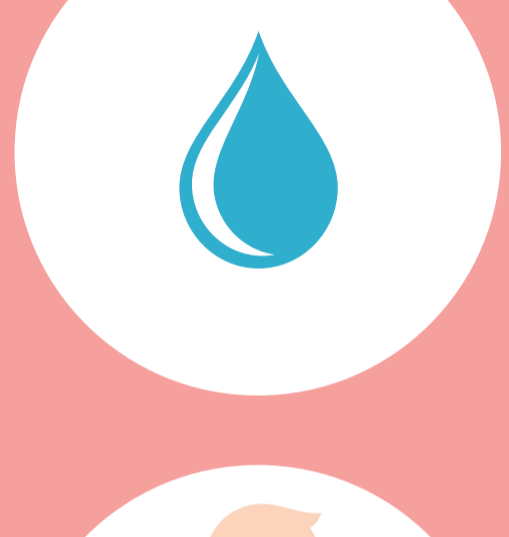
chromium regulates blood sugar levels



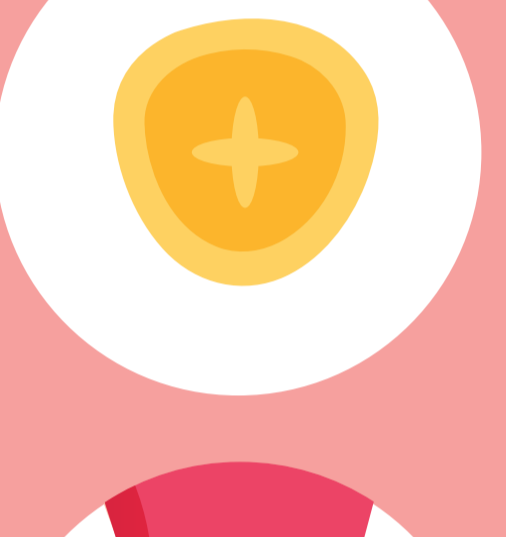
supports the skeletal system



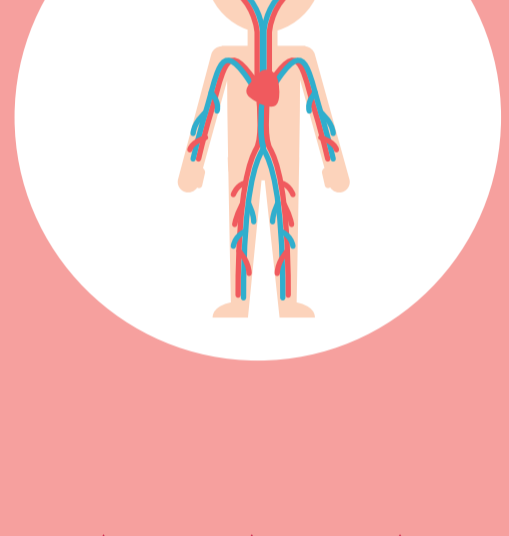
high water and fibre content affects gastrointestinal motility



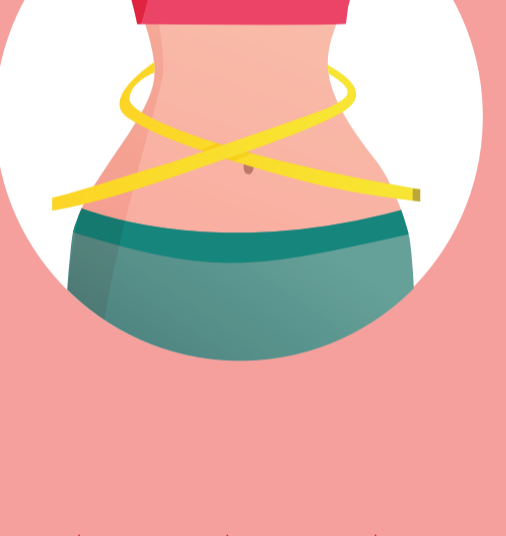
improves body hydration thanks to high water content



supports immune system and decreases stress hormone levels (incl. cortisol)

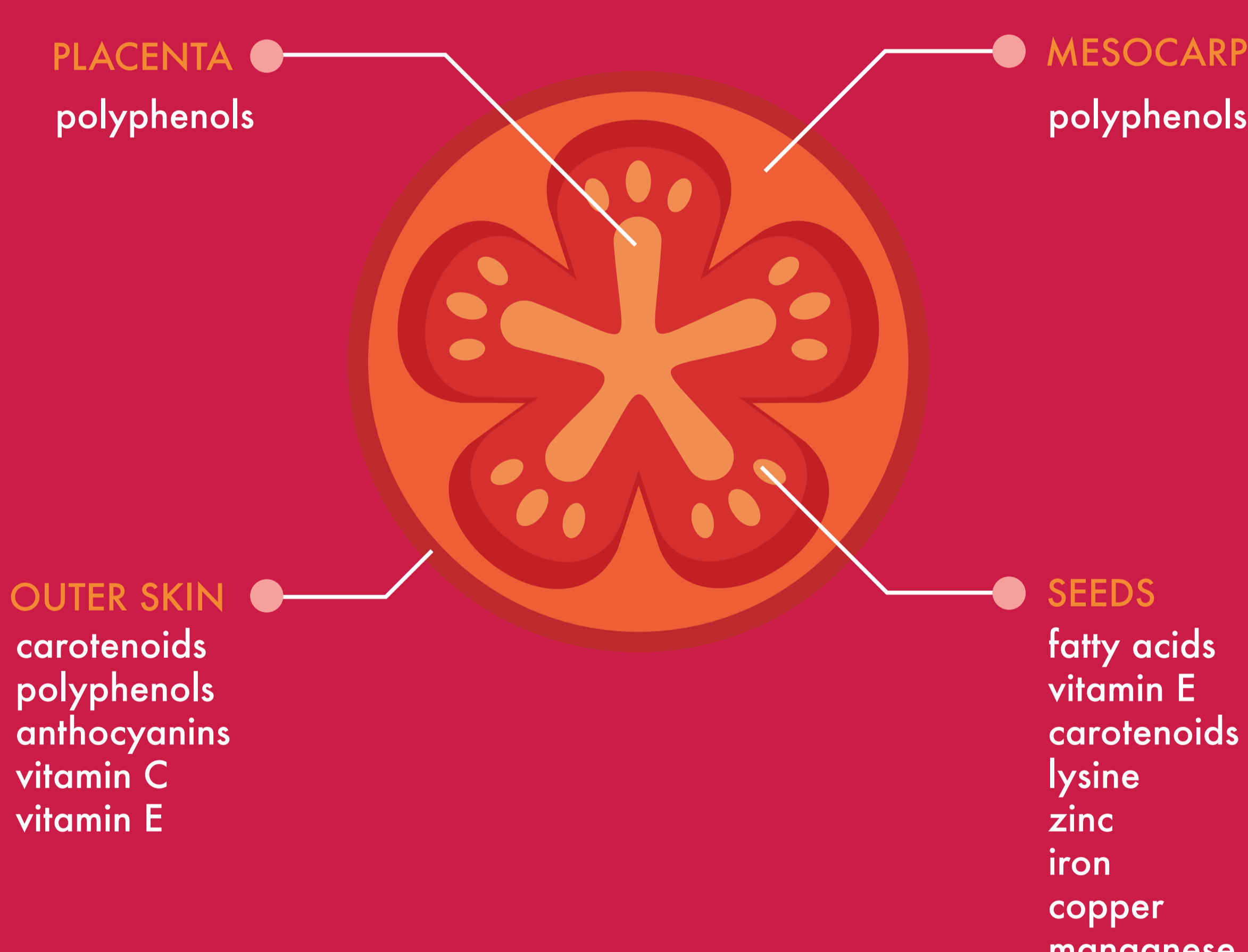


potassium decreases "bad" cholesterol, supports circulatory system and decreases blood pressure



increases production of L-carnitine, which speeds up metabolism

## YOU SHOULD EAT THE WHOLE TOMATO!



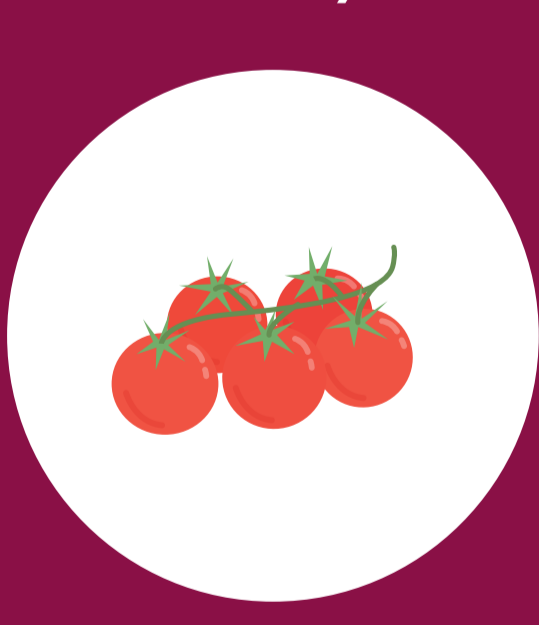
98% of all flavonoids are located in outer skin of tomato

## DID YOU KNOW...?

Cherry

Classic varieties

1



15-200 mg/kg

< polyphenols content >

2-15 mg/kg

Tomato varieties differ in water and nutrients content, including health promoting polyphenols. It is mainly due to skin thickness and amount of seeds which may differ across varieties.

Remember to choose tomatoes with a thick skin and many seeds. Do not get rid of these parts!

2



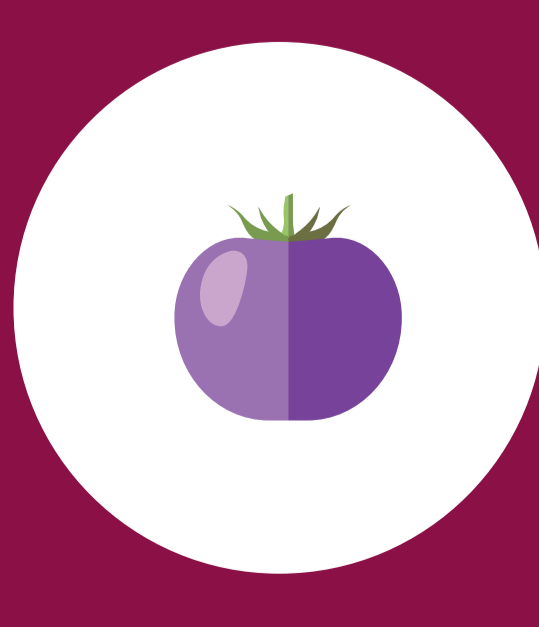
Tomatoes contain around 95% of water.

3



Tomatoes are the main source of vitamin C in our daily diet.

4



*Black/purple Indigo Rose tomatoes*  
Developed as a result of many years of cross-breeding. Anthocyanins found in their skin are purple dyes with strong anti-inflammatory and antioxidant properties.

5

Across the world tomato is also known as night shadow (South America), golden apple (Italy), love apple (France), heavenly apple (Germany).