




## Comparing antioxidant levels in tomatoes of different color

Naturally occurring antioxidants have been of great interest in recent years due to their recognizable health benefits. A study out of Universidad Autónoma Metropolitana in Mexico has clarified differing antioxidant levels by focusing on eight tomato genotypes with different-color fruit.

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### Antioxidants the key to lowering risk of age-related cataracts

An AUD 5.7 billion (Euro 3.6 billion or USD 4.05 billion) global medical bill to restore sight for the estimated 45 million people with cataracts could be slashed in half by a diet rich in colourful fruits and vegetables, according to an international study.

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### New study points at a potent blood-thinning effect for tomato

We all know that including more fruits and vegetables in our diets is good for our health. However, for many of the individual plants there is no conclusive science to back this up.

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### TomaPaint: a tomato-peel based bio-lacquer for metal cans

Angela Montanari: "...a double utilization of tomato waste is possible"

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