



## Table 2 Lycopene content of selected foods (µg/ 1 cup)

Tomato products, canned, puree with salt added	54,385
Tomato products, canned, puree without salt added	54,385
Tomato products, canned, sauce, with onions, green papers, and celery	46,135
Tomato juice, canned with salt added	21,960
Tomato juice, canned without salt added	21,960
Vegetable juice cocktail	18,011
Tomatoes, red, ripe, canned, stewed	10,424
Tomatoes, red, ripe, canned, packed in tomato juice	6089
Grapefruit, raw, pink and red, all areas	3264
Papayas, raw	2651

### Study: Tomato powder beats isolated lycopene

A recent study has found that whole tomato powder does better than the extracted carotenoid lycopene in quelling post exercise inflammation. But an expert cautions that the study's small scale makes drawing large conclusions difficult.

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### Innovation, sustainability, medical research, ethics, PGI: some ANICAV projects

With over 100 member companies, the ANICAV is the largest association representing tomato processing operators in the world, in terms of membership numbers and quantity of processed products.

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