

The Cancer-Fighting Power of Tomatoes (Broadcast version)

INTRO:

YOU'VE HEARD THE TERM – “AN APPLE A DAY KEEPS THE DOCTOR AWAY.” WELL- HOW ABOUT “TOMATOES EACH WEEK – KEEPS YOUR HEALTH AT PEAK?”

TAKE VO

NOT ONLY ARE THESE BRIGHT RED... JUICY FRUITS FILLED WITH VITAMINS AND MINERALS... BUT THEY CAN ALSO LESSEN THE RISK OF CANCER... SAYS KATRINA SOMMER (**SUMMER**)... AN ADVANCED CLINICAL DIETITIAN WITH OSF HEALTHCARE.

TOMATOES HAVE WHAT KATRINA CALLS “BONUS NUTRIENTS” IN THEM CALLED PHYTOCHEMICALS (**FYE-toe-chemicals**) – THEY'RE FOUND IN PLANT FOODS AND HELP US FIGHT INFLAMMATION AND ACT AS AN ANTIOXIDANT. ONE OF THE PHYTOCHEMICALS FOUND IN TOMATOES IS LYCOPENE (**LIE-coe-peen**)

TAKE SOT

“There’s a lot of different groups of these phytochemicals. One of them is called carotenoids. Carotenoids a lot of times will give the plant food its color. Lycopene is a type of carotenoid and gives the tomato that bright red or orange color. Lycopene is also found in watermelon, grapefruit and is the red or pink color you see.”

VO TAG

SOMMER RECOMMENDS COOKING THE TOMATOES AND DRIZZLING OLIVE OIL ON THEM... TO HELP THEM BE ABSORBED IN YOUR SYSTEM THE BEST WAY POSSIBLE. SHE ADDS EATING TOMATOES A COUPLE TIMES A WEEK HELPS LESSEN THE RISK OF METASTATIC PROSTATE CANCER. IF YOU DON'T LIKE TOMATOES BY THEMSELVES – TOMATO SAUCE OR TOMATO SOUP ARE GOOD OPTIONS.

VO/SOT #2

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ANOTHER FOOD FACTOR TO CONSIDER IF YOU WANT TO AVOID CANCER – SOMMER SAYS TO WATCH OUT FOR HOW MUCH ADDED SUGAR YOU HAVE IN YOUR DIET. TOO MUCH ADDED SUGAR INTAKE CAN AFFECT OUR WEIGHT IN NEGATIVE WAYS... WHILE NOT PROVIDING ANY BENEFICIAL NUTRITION. SODAS ARE A PART OF THE EQUATION... TOO.

TAKE SOT

“Eating too much fast food or processed food doesn’t have the nutrients we need. It might not have the fiber we get in the plant foods. It doesn’t really help our bodies fight inflammation or cancer risk, so it can raise the risk for cancer developing.”

VO TAG

OVERALL – SOMMER RECOMMENDS BEING MORE MINDFUL OF YOUR OVERALL DIET AND CONSIDERING THE FOOD AND DRINKS YOU'RE BRINGING INTO YOUR BODY IF YOU WANT TO PREVENT CANCER RISK.