

# For the Love of Tomatoes

Did you know that lycopene, a powerful antioxidant linked to heart health, cancer and stroke prevention, is found mainly in cooked tomatoes? Even better, your body absorbs lycopene better when it's consumed with a little fat. So don't hesitate to make a big pot of tomato sauce with some olive oil. Use it on pasta, pizza, or to dip warm bread in. Your heart will thank you.

*Be Well.*

*The Health and Wellness Foundational Tool Team*

***“Our bodies are our  
gardens – our wills  
are our gardeners.”  
– William Shakespeare***

