

Tomatoes Fight Cancer Best When Used With Broccoli

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By Dr. John Roberts

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by: **Dr. John Roberts**

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foodconsumer.com

Why Do You Need To Eat Tomatoes?

By Riana Lance

Which one is better, unripe or ripe?

Why tomatoes are beneficial for health?

Tomatoes contain various kinds of ingredients. Here are some of them:

*Vitamin C and A, antioxidants which fight free radical. They fight against aging, soothe skin and hair.

*Vitamin K in tomatoes helps to build bone.

*Riboflavin helps with energy metabolism and fights against migraine headaches.

<http://Heathifica.com>

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