



Leggo's Talks Lycopene

A powerful antioxidant found in tomato paste.

What is Lycopene?

Lycopene, the natural carotenoid that gives tomatoes their red colour is among the most powerful antioxidants available.¹ Antioxidants help to protect cells from the damage caused by free radicals.

How much Lycopene should we eat?

While there is currently no official recommended level of lycopene intake, suggestions range from about five up to 35mg lycopene per day.⁴ This could be achieved by consuming at least one or two servings of tomatoes or tomato products every day.

Why should we eat it?

Due to its antioxidant strength, considerable research is being conducted into the health benefits of Lycopene. The strongest scientific evidence is for the role of Lycopene in supporting prostate health. A study by the Harvard School of Public Health suggests that people who include seven to ten servings a week of Lycopene-rich foods may have the most valuable health effect.²

How can I get more Lycopene in my diet?

Eating more fruit and vegetables, including tomato based products, is one of the easiest ways people can significantly improve their health and help prevent the onset of certain diseases.³ Lycopene should be eaten in conjunction with the full range of nutrients occurring in tomatoes and other fruits and vegetables in order to achieve the greatest antioxidant effect. Tomato paste offers one of the richest natural sources of Lycopene.

Warm Beef Salad

1 sachet Leggo's Tomato Paste 250g beef fillet
2 tablespoons port 4 cups baby rocket
1/4 teaspoon cracked pepper 8 baby potatoes, cooked
1 garlic clove, crushed

In a bowl, combine Leggo's Tomato Paste, port, pepper and garlic. Spoon over beef and marinate for 30 minutes. Cook beef and marinade in a preheated oven at 200°C for 20 - 25 minutes. Allow beef to stand for 10 minutes and thinly slice. Arrange baby rocket leaves, potato halves and sliced beef on a serving plate.

SERVES: 4



Eat your reds!

While the human body does not produce Lycopene, it is readily available through smart, easy and tasty diet choices.

Lycopene occurs naturally in many red foods, such as watermelon, pink grapefruit and tomato. Tomato paste however provides the richest source of Lycopene, as cooking and processing tomatoes stimulates and concentrates the Lycopene content.³ Adding a little fat such as olive oil when cooking with tomato products increases the body's absorption of Lycopene.



How can I get more Lycopene in my diet?

Lycopene Comparison Table

Product	Lycopene (mg /100 g)	Serving Size	Lycopene (mg /serving)
Tomato Paste	42.2	30 mL (2 tbsp)	13.8
Spaghetti Sauce	21.9	125 mL (1/2 cup)	28.1
Chilli Sauce	19.5	30 mL (2 tbsp)	6.7
Tomato Sauce	14.1	60 mL (1/4 cup)	8.9
Tomato Juice	9.5	250 mL (1 cup)	25.0
Pink Grapefruit	4.0	123 g (1/2)	4.9
Raw Tomato	3.0	123 g (1 medium)	3.7

Tasty tips with Leggo's Tomato Paste!

- For rich colour and flavour, add a dollop of paste to spaghetti bolognese, soups, casseroles or risottos.
- For even tastier pizzas, spread a lavish dose of tomato paste from edge to edge!
- Spice up your party with Virgin Bloody Marys! In the blender, mix tomato juice, a tub of tomato paste, Tabasco sauce and celery salt for the hippest cocktail hour!
- For a nutritious salad dressing, mix tomato paste, lemon juice, vinegar, olive oil, salt and pepper - and splash it around!
- For a tasty snack, transform toast by spreading tomato paste instead of butter. Top with avocado, reduced fat cheese and a drizzle of olive oil.



For more delicious recipes, and information on the benefits of Lycopene:
www.leggos.com.au

1. Rao, A.V. & Agarwal, S. (1999). 'Role of lycopene as an antioxidant carotenoid in the prevention of chronic disease: a review'. Nutrition Research 19 (2): 305-323.
2. Giovannucci, E., Ascherio, A., Rimm, E.B., Stampfer, M.J., Colditz, G.A., Willet, W.C. (1995). 'Intake of carotenoids & retinol in relation to risk of prostate cancer'. Journal of the National Cancer Institute 87: 1767-1776.
3. Gärtner, C., Stahl, W., Sies, H. (1997). 'Lycopene is more bioavailable from tomato paste than fresh tomatoes'. Am J Clin Nutr, 66:116-22.
4. Rao, L., Gunt, E. & Rao, A.V. (2003). 'Lycopene: its role in human health and disease - a review'. AGRO Food July/August:25-29.
5. National Health & Medical Research Council (2003). 'Food for Health - Dietary Guidelines for Australian Adults'. Commonwealth of Australia.