

## Want to stay skinny? Eat a big fat juicy red tomato

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Tomatoes are tops when it comes to staying trim. The juicy red orbs act as a natural appetite suppressant, making it easy to resist the temptation to snack, according to [London's Daily Mail](#).

The findings came from research into the benefits of adding fruit and vegetables to white bread. When a group of normal weight women ate cream cheese sandwiches made with white bread or with bread enriched with carrots and tomatoes, they found the tomato bread the most satisfying, according to the Daily Mail.

“They were given the sandwiches in a random order, and we recorded how full they said they were,” [Reading University](#) researcher [Dr. Julie Lovegrove](#) told the Mail. “It was a small study, and we can't yet say what the crucial tomato ingredient is, but the results were statistically significant.”

Now research will focus on whether consuming tomatoes changes the levels of ghrelin, an appetite-regulating hormone, in the body, according to the Daily Mail. Lower levels of ghrelin tend to make us feel full.

Regardless of what makes tomatoes stem appetite, they're worth eating, says nutritionist and licensed nutrition coach [Jackie Keller](#).

"They have fiber, which has a huge effect on satiety," she says. "Studies show that people who are obese don't sense when they are full, so tomatoes may somehow magically trigger the mind to do this."

Though it's not exactly prime season for tomatoes, there's not a huge difference in the nutritional content of garden-fresh and supermarket tomatoes, Keller says.

"You get the same benefits as far as fiber and nutrients, but what you don't get is the texture when you serve supermarket tomatoes," she says. "Another option is to eat your tomatoes in cooked form."

Cooked tomatoes tend to have more lycopene than raw ones, she notes. And lycopene, according to the Daily Mail, reportedly offers a host of health benefits, from warding off cancer to increasing fertility. It may also help combat prostate cancer, says the paper. Whether they actually are as magical as some nutrition experts believe, tomatoes are a very good source of vitamin C, which helps the body to absorb iron, notes the Mail.

How to eat tomatoes, besides in a BLT? Try stuffing them, baking them or dehydrating them to use as tomato chips, Keller suggests.

"They're very versatile," she explains. "You can cut them in slices, bread them with a little cornmeal and pan sauté them."

Read more: [http://www.nydailynews.com/lifestyle/food/2009/11/04/2009-11-04\\_want\\_to\\_be\\_skinny\\_eat\\_a\\_big\\_fat\\_tomato.html?print=1&page=all#ixzzOVyxPOR6a](http://www.nydailynews.com/lifestyle/food/2009/11/04/2009-11-04_want_to_be_skinny_eat_a_big_fat_tomato.html?print=1&page=all#ixzzOVyxPOR6a)

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