

1 medium roma tomato nutrition

1 medium roma tomato nutrition offers valuable insight into the nutrient content of this popular variety of tomato. Roma tomatoes are widely favored for their firm texture and rich flavor, making them a staple in many culinary applications such as sauces, salads, and cooking. Understanding the nutritional profile of a medium-sized Roma tomato is essential for those monitoring their diet, seeking to enhance nutrient intake, or aiming to maintain a balanced and healthy lifestyle. This article explores the caloric value, macronutrients, vitamins, minerals, antioxidants, and health benefits associated with the consumption of a medium Roma tomato. Additionally, it examines how Roma tomatoes compare with other tomato varieties and provides practical dietary suggestions. The detailed breakdown presented here aims to provide a comprehensive resource about 1 medium roma tomato nutrition for health-conscious individuals and nutrition professionals alike.

- Caloric and Macronutrient Content of a Medium Roma Tomato
- Vitamins and Minerals Found in Roma Tomatoes
- Antioxidants and Phytochemicals in Roma Tomatoes
- Health Benefits Associated with Roma Tomato Consumption
- Comparison of Roma Tomatoes with Other Tomato Varieties
- Incorporating Roma Tomatoes into a Balanced Diet

Caloric and Macronutrient Content of a Medium Roma Tomato

A primary aspect of 1 medium roma tomato nutrition is its caloric value and macronutrient profile. Typically, a medium Roma tomato weighs approximately 62 grams and contains a low number of calories, making it an excellent choice for calorie-conscious individuals. Understanding the macronutrient composition helps in planning meals that align with specific dietary goals such as weight management or energy balance.

Calories

A single medium Roma tomato contains roughly 35 calories. This low calorie count stems mainly from its high water content and minimal fat presence, positioning Roma tomatoes as an ideal snack or ingredient for low-calorie diets.

Macronutrients: Carbohydrates, Proteins, and Fats

The macronutrient content of 1 medium roma tomato nutrition primarily consists of carbohydrates, a small amount of protein, and negligible fat. The carbohydrate content is mainly in the form of natural sugars and dietary fiber, which contribute to energy and digestive health respectively.

- **Carbohydrates:** Approximately 7 grams, including 2 grams of dietary fiber
- **Protein:** About 1.5 grams, supporting muscle repair and enzyme function
- **Fat:** Less than 0.5 grams, mostly unsaturated fats

Vitamins and Minerals Found in Roma Tomatoes

In addition to macronutrients, 1 medium roma tomato nutrition provides a rich source of essential vitamins and minerals. These micronutrients are crucial for maintaining overall health, supporting metabolic processes, and preventing nutrient deficiencies.

Key Vitamins

Roma tomatoes are particularly high in vitamin C, vitamin A (in the form of beta-carotene), and several B vitamins, each playing significant roles in immune function, vision, and energy metabolism.

- **Vitamin C:** Roughly 20 milligrams, contributing to antioxidant protection and collagen synthesis
- **Vitamin A:** Approximately 1025 IU, supporting eye health and immune response
- **Vitamin K:** Important for blood clotting and bone health
- **Folate (Vitamin B9):** Supports DNA synthesis and repair

Important Minerals

Roma tomatoes also contain a variety of minerals essential for cardiovascular health, nerve function, and fluid balance.

- **Potassium:** About 292 milligrams, contributing to blood pressure regulation

- **Magnesium:** Supports muscle and nerve function
- **Iron:** Important for oxygen transport in the blood
- **Calcium:** Vital for bone strength and cellular signaling

Antioxidants and Phytochemicals in Roma Tomatoes

One of the most beneficial aspects of 1 medium roma tomato nutrition is its rich content of antioxidants and bioactive compounds. These substances help combat oxidative stress and inflammation, reducing the risk of chronic diseases.

Lycopene

Lycopene is the predominant antioxidant in Roma tomatoes, responsible for their deep red color. It has been extensively studied for its potential role in reducing the risk of certain cancers and cardiovascular diseases. The lycopene content in Roma tomatoes is particularly high compared to other tomato varieties.

Other Phytochemicals

In addition to lycopene, Roma tomatoes contain other beneficial phytochemicals such as beta-carotene, flavonoids, and phenolic acids. These compounds work synergistically to enhance antioxidant capacity and provide anti-inflammatory effects.

Health Benefits Associated with Roma Tomato Consumption

Regular consumption of Roma tomatoes can contribute positively to overall health due to their nutrient density and antioxidant properties. The following health benefits are associated with 1 medium roma tomato nutrition:

- **Supports Heart Health:** High potassium and lycopene levels help lower blood pressure and reduce LDL cholesterol.
- **Enhances Immune Function:** Vitamin C and vitamin A boost immune response and protect against infections.

- **Promotes Healthy Skin:** Antioxidants protect skin cells from damage and aid in collagen production.
- **Improves Digestive Health:** Dietary fiber supports regular bowel movements and gut health.
- **May Reduce Cancer Risk:** Lycopene and other antioxidants may help reduce the risk of certain cancers, particularly prostate cancer.

Comparison of Roma Tomatoes with Other Tomato Varieties

When evaluating 1 medium roma tomato nutrition in relation to other common tomato types such as cherry, beefsteak, or heirloom tomatoes, some differences and similarities emerge. Roma tomatoes tend to have a firmer texture, lower water content, and higher concentration of solids, which affects their nutrient density.

Nutrient Density

Roma tomatoes generally contain slightly more lycopene and fewer calories than beefsteak tomatoes. Cherry tomatoes may have more sugar content but less fiber in comparison. The choice of tomato variety depends on taste preference and intended culinary use, but nutritionally, Roma tomatoes offer a robust profile.

Usage and Nutritional Impact

Due to their lower moisture content, Roma tomatoes are ideal for sauces and cooking, which can concentrate their nutrients further. Other varieties are often preferred raw or in salads, affecting the bioavailability of certain nutrients.

Incorporating Roma Tomatoes into a Balanced Diet

Integrating Roma tomatoes into daily meals is an effective way to enhance nutrient intake while enjoying flavorful dishes. Their versatility allows them to be included in various recipes, contributing to the nutritional quality of the diet.

Practical Tips for Consumption

- Use Roma tomatoes in homemade sauces to maximize lycopene absorption as cooking increases bioavailability.
- Add diced Roma tomatoes to salads and salsas for a vitamin-rich boost.
- Incorporate them into soups, stews, or grilled dishes to diversify nutrient sources.
- Pair Roma tomatoes with healthy fats like olive oil to enhance the absorption of fat-soluble vitamins and antioxidants.

Storage and Selection

Choosing ripe Roma tomatoes ensures optimal flavor and nutrient content. They should be firm with a deep red color and free from blemishes. Store them at room temperature and consume within a few days for best quality and nutrition.

Frequently Asked Questions

How many calories are in 1 medium Roma tomato?

1 medium Roma tomato contains approximately 35 calories.

What is the carbohydrate content of 1 medium Roma tomato?

1 medium Roma tomato has about 7 grams of carbohydrates.

How much fiber does 1 medium Roma tomato provide?

1 medium Roma tomato provides around 2 grams of dietary fiber.

What vitamins are found in 1 medium Roma tomato?

1 medium Roma tomato is a good source of vitamins C, A, and K.

How much protein is in 1 medium Roma tomato?

1 medium Roma tomato contains about 1.5 grams of protein.

What is the fat content in 1 medium Roma tomato?

1 medium Roma tomato has less than 0.5 grams of fat, making it a low-fat food.

Does 1 medium Roma tomato contain any significant minerals?

Yes, 1 medium Roma tomato contains minerals such as potassium, manganese, and small amounts of iron.

Additional Resources

1. *The Nutritional Power of Roma Tomatoes*

This book explores the rich nutrient profile of Roma tomatoes, focusing on their vitamins, minerals, and antioxidants. It explains how incorporating Roma tomatoes into your diet can support heart health, improve digestion, and enhance skin vitality. The author also provides practical tips on selecting and storing fresh Roma tomatoes for maximum nutrition.

2. *Tomato Science and Nutrition: A Comprehensive Guide*

Delving into the science behind tomatoes, this guide covers the nutritional benefits of different tomato varieties, with a special chapter dedicated to Roma tomatoes. Readers learn about lycopene, vitamin C, and other key nutrients found in Roma tomatoes, along with their role in disease prevention. The book also includes recipes designed to maximize nutrient retention.

3. *Eating Healthy with Roma Tomatoes*

This book is a practical resource for those looking to boost their diet with Roma tomatoes. It outlines the nutritional content of a medium Roma tomato and discusses its impact on weight management, immune support, and antioxidant intake. Additionally, the author shares delicious and easy-to-make recipes featuring Roma tomatoes as the star ingredient.

4. *Superfoods Spotlight: Roma Tomatoes*

Highlighting Roma tomatoes as a superfood, this book details the health benefits linked to their consumption, such as cancer risk reduction and improved cardiovascular health. It breaks down the bioactive compounds found in Roma tomatoes and explains how they contribute to overall well-being. The book also provides tips for incorporating Roma tomatoes into daily meals.

5. *The Role of Roma Tomatoes in Mediterranean Nutrition*

This text examines the significance of Roma tomatoes within the Mediterranean diet, known for its health-promoting properties. It discusses the nutritional advantages of Roma tomatoes, including their low calorie count and high antioxidant content. Readers gain insight into traditional Mediterranean recipes that feature Roma tomatoes prominently.

6. *Plant-Based Nutrition: The Benefits of Roma Tomatoes*

Focusing on plant-based diets, this book highlights how Roma tomatoes can enhance nutritional quality and flavor. It explains the essential nutrients found in a medium Roma tomato and their contributions to a balanced diet. The author also addresses common myths and provides guidelines for integrating Roma tomatoes into various plant-based meal plans.

7. *Tomato Nutrition and Its Impact on Chronic Disease*

This scholarly work investigates the relationship between tomato consumption, particularly Roma tomatoes, and the prevention of chronic diseases such as diabetes and hypertension. It presents current research findings on bioactive compounds in Roma tomatoes and their physiological effects. The book serves as a valuable resource for nutritionists and health professionals.

8. *From Garden to Table: Nutritional Insights on Roma Tomatoes*

Ideal for home gardeners and food enthusiasts, this book covers how growing conditions affect the nutritional quality of Roma tomatoes. It provides detailed nutrient analyses of medium Roma tomatoes and offers advice on harvesting and preparing them to preserve their health benefits. The book also includes seasonal recipes to enjoy fresh Roma tomatoes year-round.

9. *The Essential Guide to Tomato Nutrition*

This comprehensive guide covers all aspects of tomato nutrition, with a detailed focus on the Roma variety. It explains the vitamins, minerals, and antioxidants present in a medium Roma tomato and discusses their health implications. The book also features practical advice on cooking methods that retain nutritional value and enhance flavor.

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