



A PACIFIC COAST PRODUCERS PROGRAM

Hospitals, Healthcare, & Universities



4 Reasons to choose California Canned Tomatoes

Explore the vibrant world of California canned tomatoes, where each can is packed with not just flavor but also a wealth of health benefits. From their significantly higher levels of cancer-fighting lycopene to the sustainable and waste-reducing methods of peeling, learn why these tomatoes are a top choice for health-conscious buyers.

Increased Nutrients

California canned tomatoes contain significantly higher levels of the cancer fighting compound lycopene. Why? Field-grown tomatoes contain higher levels of this important nutrient than “fresh” greenhouse-grown tomatoes!



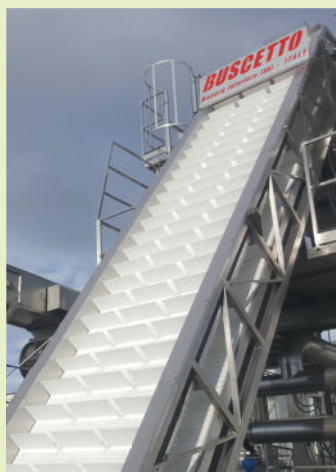
Picked at Peak Ripeness

Our tomatoes often go from the field to the can in 5 hours or less, which means that they not only retain their color and fresh flavor but also many of their beneficial nutrients like lycopene, vitamin C, and potassium!



Steam Peeled!

California canned tomatoes are stem peeled which means you're getting a higher quality canned tomato! Also there's no food waste and it's sustainable! Good for you and good for our planet!



Bioavailability!

Canned and jarred tomatoes are cooked which increases the bioavailability of Vitamin C, potassium, lycopene & more! This allows for better absorption by the body.



References

¹ Canene-Adams K, Campbell JK, Zaripheh S, Jeffery EH, Erdman JW, Jr. The tomato as a functional food. *Journal of Nutrition*. 2005;135(5):1226-1230. [PubMed]

² Sahlin E, Savage GP, Lister CE. Investigation of the antioxidant properties of tomatoes after processing. *Journal of Food Composition and Analysis*. 2004;17(5):635-647.

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