

What's America's favorite vegetable?

The potato (sadly in the form of French fries) is number one. But when you look at non-starchy veggies, the tomato comes out on top.

Eating canned tomatoes provides the greatest source of antioxidants to Americans' diets—more than any other non-starchy vegetable. People who eat diets rich in fruits and vegetables tend to have a decreased risk of cancer and heart disease, report researchers from the Academy of Nutrition and Dietetics.

Experts have not identified exactly what it is about fruits and vegetables that confer the health benefits, but it is known that fruits and vegetables contribute antioxidants to the diet. Tomatoes are a good option for those who want to increase their intake of antioxidants.

Canned tomatoes (used in spaghetti sauce and chili, for example) are available year round providing a convenient and cost-effective way to increase antioxidant intake during any season.

