

***Info shared by Pitbull SA.***

***Manjaro APBT kennel.***

***South Africa.***

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***Lycopene antioxidants.***

Lycopene is a powerful antioxidant, also as a carotenoid that is found in the red pigmented fruits, vegetables herbs, plants and algae and destroy free radicals in the body at the cellular level.

It is chemically similar to "carotene" but does not contain any vitamin A like the orange coloring in carrots do.

When lycopene is ingested it is absorbed into the stomach and taken up by the blood stream to where it accumulates in the adrenal glands, liver and testes.

Although lycopene is not an essential nutrient it still provides many health benefits.

## Benefit.

Free radicals are thought to be a major cause for cancer and other illnesses.

A diet rich in lycopene help reduce the incidence of cardiovascular disease.

Lycopene benefits males who are having problems with infertility and lycopene nutrient supplement can help improve low sperm count by up to 63%.

Prostate gland problems can also benefit from eating foods high in lycopene. Nutrition high in Lycopene antioxidants prevent and lower the PSA level of prostate cancer. PSA measures that increase mean that the cancer cells are growing and spreading.

Lycopene benefits other forms of cancer as well such as those in the lungs, stomach, colon, rectum, pancreas, breast cervix and mouth.

It is also beneficial for diabetes, osteoporosis, and heart disease and skin diseases.

Lycopene benefits may also extend to maintaining healthy arteries because of its antioxidant effect.

It also benefits muscular degeneration and other age related diseases.

The many lycopene benefits also include protection against aging skin.

It protects from UV ray skin damage which is associated with skin cancer.

According to researchers there is evidence that this powerful antioxidant can

provide internal protection from the sun as well.

Note - Consuming excess amounts of lycopene can cause the skin and liver to have a yellow color known as lycopenodermia. This condition is considered harmless and will go away on its own when lycopene is no longer consumed.

### **Lycopene rich foods.**

#### **#1: Guavas**

<b>Lycopene in 100g</b>	<b>Per cup (165g)</b>	<b>Per fruit (55g)</b>
5204µg	8587µg	2862µg

An average guava contains only 37 calories and half a gram of fat. [Click to see complete nutrition facts.](#)

#### **#2: Watermelon**

<b>Lycopene in 100g</b>	<b>Per cup, diced (152g)</b>	<b>Per wedge (286g)</b>
4532µg	6889µg	12962µg

A wedge of watermelon contains 86 calories and less than half a gram of fat. [Click to see complete nutrition facts.](#)

#### **#3: Tomatoes (Cooked)**

<b>Lycopene in 100g</b>	<b>Per cup (240g)</b>	<b>Per 2 tomatoes (246g)</b>
3041µg	7298µg	7481µg

A cup of raw cherry tomatoes provides 3834µg lycopene and a cup of raw, chopped tomatoes provides 4631µg lycopene.

Lycopene made more readily available (2.5 times more) when tomatoes are cooked [Click to see complete nutrition facts.](#)

#### **#4: Papaya**

<b>Lycopene in 100g</b>	<b>Per cup, pieces (145g)</b>	<b>Per small papaya (157g)</b>
1828µg	2651µg	2870µg

A small papaya contains only 68 calories and less than half a gram of fat. [Click to see complete nutrition facts.](#)

#### #5: Grapefruit

Lycopene in 100g	Per cup sections (230g)	Per half (128g)
1135µg	2611µg	1453µg

Half an average grapefruit contains only 41 calories and virtually no fat. [Click to see complete nutrition facts.](#)

#### #6: Sweet Red Peppers (Cooked)

Lycopene in 100g	Per cup, chopped (106g)
484µg	513µg

Half a cup of chopped, sautéed red peppers contain 71 calories. [Click to see complete nutrition facts.](#)

#### #7: Asparagus (Cooked)

Lycopene in 100g	Per 1/2 cup (90g)	Per 4 spears (60g)
30µg	27µg	18µg

Half a cup of cooked asparagus contains only 20 calories and 0.2 grams of fat. [Click to see complete nutrition facts.](#)

#### #8: Red (Purple) Cabbage

Lycopene in 100g	Per cup, chopped (89g)	Per small head (567g)
20µg	18µg	113µg

A cup of chopped raw cabbage contains only 28 calories and 0.14 grams of fat. [Click to see complete nutrition facts.](#)

#### #9: Mango

Lycopene in 100g	Per cup, pieces (165g)	Per fruit (336g)
3µg	5µg	10µg

Half an average mango contains 101 calories and 0.6 grams of fat. [Click to see complete nutrition facts.](#)

### #10: Carrots

Lycopene in 100g	Per cup, chopped (128g)	Per carrot (61g)
1µg	1.3µg	0.6µg

An average carrot contains only 25 calories and 0.15 grams of fat. [Click to see complete nutrition facts.](#)

**Strawberries** have 5x as much lycopene as (fresh) tomatoes.

Autumn olives have 17x as much as tomatoes.

<b>Sardines Canned in Tomato Sauce</b>	1398µg per 100 gram serving	5173µg per can (370 grams)	531µg per sardine (38 grams)	<a href="#">Click to see complete nutrition facts for Sardines Canned in Tomato Sauce</a>
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