Can Tomatoes Prevent Skin Cancer?

Printed from https://www.cancerquest.org/newsroom/2017/09/can-tomatoes-prevent-skin-cancer on 11/21/2026



Cancer is caused by a variety of factors, but diet and lifestyle play a large role in the development and growth of cancer. According to a study on rodents by researchers at Ohio State University, a diet that includes daily tomato consumption cut the prevalence of skin cancer in half when compared with a diet lacking tomatoes. The researchers wanted to examine the link between chemicals in tomatoes and health of skin. The question was whether dietary carotenoids (the pigments that give tomatoes their color) have the ability to protect skin against UV light damage. In the study, mice were exposed to UV lights and those given tomatoes were much less likely to develop skin cancer. The results support the idea that plant products and a healthy diet can have a positive effect, and help to reduce cancer risk.

Source
https://www.nature.com/articles/s41598-017-05568-7
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