

CARROTS

Nutrition:

Carrots are full of beta-carotene, which is important for healthy vision and skin! They are also a good source of fiber, which helps your digestive system stay healthy. Also found in carrots are vitamin C, potassium, vitamin B6, folate, calcium and magnesium.

One medium carrot or a handful of baby carrots counts as 1 serving of daily vegetables

How are carrots eaten?

There are SO many ways to eat carrots! Try them...

- Raw, dipped in hummus or added to a salad.
- Steamed/boiled as a side dish.
- Juiced!

Did you know...?

A 'baby' carrots isn't exactly a baby...it is just a regular carrot that has been placed in a special machine that smoothes out and shaves down the edges, making it appear smaller - thus the name 'baby' carrot!

The carrot that we eat today originated from a wild carrot that was native to Europe and South Western Asia.

Once harvested, carrots are typically made up of 88% water!

The carrot plant, or the green leaves that grow above the soil, can grow up to 3.2 feet tall!

