

CARROTS

Fresh Fruit & Vegetable Program



Nutrition Facts

Serving Size 1/2 cup (64g)

Calories	25	% Daily Value
Total Fat	0g	0%
Sodium	45mg	4%
Total Carbohydrate	6g	2%
Dietary Fiber	2g	7%
Protein	1g	

Health Benefits

- Contains more than 2x the Daily Value of vitamin A, which helps your eyes to adapt from bright light to darkness.
- Good source of vitamin K.
- Carotenoids found in carrots may help lower the risk of age-related macular degeneration.

DIFFERENT USES

- Dip raw carrots in hummus, peanut butter, or cottage cheese.
- Add to your favorite soups, slow cooker or casserole recipes.
- A great mobile snack and perfect for a quick snack at home.
- Top your favorite salad with sliced or grated carrots
- Sauté carrots with a sweet glaze.

FUN FACT

- Carrots are not always orange and can be found in purple, white, red or yellow.
- European ladies would wear lacy carrot flowers in their hair in the 15th Century.
- California grows the most carrots in the United States.
- A type of root vegetable—meaning the edible portion of the plant is grown underground.
- Carrots were the first vegetable to be canned commercially.