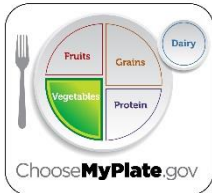


Carrots



NUTRITION NOTES

- One-half cup of raw carrots contains 26 calories, 1.8 grams of fiber and is fat-free.
- Carrots are in the Red/Orange Vegetables Subgroup.
- Carrots are low in sodium and cholesterol free.
- Carrots are an excellent source of vitamin A (*helps fight infections*) and C (*helps promote healing*).

Carrots are a root vegetable, in the same family as celery, parsnips and dill. Carrots are not always orange, but can also be purple, white, red or yellow.

USES AND TIPS

Choose well-shaped, smooth, firm, crisp carrots with deep color and fresh, green tops. Avoid soft, wilted or split carrots. Refrigerate carrots in a plastic bag with tops removed for up to 2 weeks.

Carrots can be eaten raw or cooked. Shred and add to salads for a great crunch, or bake into breads or muffins. Add to soups, stews or casseroles for a nutrient boost. Carrots are delicious roasted, steamed, grilled, or stir-fried.

SHAKE IT UP! SHAKE IT UP! SHAKE IT UP! SHAKE IT UP!



Did you know?

Carrots grow in the ground.

In the 1600's, Dutch carrot growers invented the orange carrot in honor of the House of Orange and the Dutch Royal Family.

Carrots were the first vegetable to be canned commercially.

The United States is the 3rd largest producer of carrots in the world, behind China and Russia.

Carrots are one of the best sources for beta-carotene. The human body turns beta-carotene into vitamin A.

Vitamin A is important for the health of our vision as well as our bones, teeth and skin.

For more on the Harvest of the Month program and farm to school, visit the Georgia Farm to School Toolkit at <http://gafarmtoschool.org/>.



- **Georgia Carrots are sweeter because of our climate, that helps the carrot develop more sugar during the growing process.**
- **Carrots are one of the newest and most popular crops in the Georgia vegetable industry.**
- **Carrots are harvested in Georgia from December through June.**
- **Georgia carrots are grown commercially in the southern part of the state.**

Georgia Department of Education School Nutrition Program