



HEAL
HEALTHY EATING ACTIVE LIVING
★ UNITED ★

CARROT

SERVING SIZE

One cup of raw carrots or 12 baby carrots accounts for one serving of vegetables.

FUN USE

Slice carrots, sauté in coconut oil, drizzle with pure maple syrup, and sprinkle on cinnamon and salt for an easy side dish.

TIP: SLICE AND EAT WITH HUMMUS

OR SAUTEE FOR AN ASIAN-STYLE STIR-FRY.

HOW TO STORE

Store carrots in the refrigerator for up to a month.

HOW TO CHOOSE

Look for firm, plump carrots that are small-to-medium sized, bright orange, and smooth, without any cracks.

BODY BENEFITS

Vitamin A in carrots supports eye health.

Vitamin C in carrots can boost the immune system.

Vitamin K and calcium in carrots promotes bone health.

HOW THEY GROW

Carrots are root vegetables that grow underground and absorb most of their nutrients from the soil.



NUTRITION FACTS

Carrots are rich sources of vitamin A, vitamin K, vitamin C, and potassium.

DID YOU KNOW?

Carrots are the second most popular vegetable in the world, after potatoes.

[CLICK HERE FOR RECIPES!](#)