

Pick a better snack™



# Carrots

Choose carrots which are a dark orange in color. More beta-carotene is present in carrots which have a dark orange color.

Carrots are vegetables which grow in the ground as taproots (main roots of a plant).

The carrot originated about 5,000 years ago in Middle Asia around Afghanistan. In Roman times, carrots were purple or white.

Over half of the carrots grown in the United States are grown in California. Carrots are available all year long.

## VARIETIES

The variety of carrots usually found in supermarkets is 7 to 9 inches long and  $\frac{3}{4}$  to  $1\frac{1}{2}$  inches in diameter. Baby carrots were once longer carrots that have been peeled, trimmed and packaged. There are many other varieties of carrots with colors including white, yellow, red and purple.



## NUTRITION FACTS

- Fat free
- Cholesterol free
- Good source of fiber
- High in beta-carotene
- High in vitamin A

## USES

Raw carrots make a perfect snack. They can also be cooked (steamed or microwaved). Add carrots to salads, soups and stews, or shred and bake them into cakes or breads.

Carrots are grown in Iowa.



Funded in part by USDA's Supplemental Nutrition Assistance Program in cooperation with the Iowa departments of Public Health and Human Services, equal opportunity providers and employers. The Iowa Food Assistance Program can help you buy nutritious food for a healthy diet. To find out more, visit [www.yesfood.iowa.gov](http://www.yesfood.iowa.gov).

This material was developed by the University of Nebraska - Lincoln Extension in Lancaster County.

