

Shopper's Guide

Selection

Carrots are available year round. Most are sold when young, tender, and mild-flavored. Larger carrots are packed separately and used for cooking or shredding.

Look for

Crisp, firm, small to medium carrots. Dark orange carrots have more vitamin A. If tops are attached, they should be fresh and green.

Avoid

Carrots with large green areas at the top. Avoid carrots that are flabby or show spots of soft rot. Avoid carrots that are wilted.



Storage

Remove any greens attached to the carrots before storing. Refrigerate in produce drawer for up to 2 weeks. Don't store carrots together with apples or pears. It will make the carrots have a bitter flavor.

Recipe Collection

Simple Carrot Salad

Serves 4

Ingredients:

- 4 medium peeled and grated carrots
- 1/4 cup raisins
- 2 teaspoons sugar
- juice of one lemon

Instructions:

1. In a medium bowl, thoroughly mix carrots, raisins, sugar and lemon juice.
2. Serve chilled.

Nutrient Data

Serving Size for 1/4 cup: Calories 70, Total Fat 0g, Saturated Fat 0g, Cholesterol 0 mg, Sodium 25mg, Carbohydrate 17g, Dietary Fiber 2g, Protein 1g, Vitamin A 340%, Vitamin C 20%, Calcium 2%, Iron 2%

Carrots



The brochure is presented in partnership by:



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What's So Great about Carrots?

Nutrient-Rich

Carrots are an excellent source of beta-carotene, vitamin A and vitamin K. Carrots are high in fiber. Carrots are also a good source of potassium.

Always Available

Carrots are always available fresh. Carrots are healthy fresh, frozen or canned.

Many Uses

Carrots have a sweet taste. They can be eaten raw or cooked. Raw carrots can be eaten in salads or as an appetizer or snack. Carrots can be boiled, baked, or microwaved. Carrots can be put into soups, stews, casseroles, cakes and quick breads.



Nutrition Information for 1 cup Carrots

Nutrition Facts	
Serving Size 1 cup, chopped 128g (128g)	
Servings Per Container 1	
Amount Per Serving	
Calories 52	Calories from Fat 3
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 88mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Sugars 6g	
Protein 1g	
Vitamin A 430%	Vitamin C 13%
Calcium 4%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Key nutrient facts are circled in green.

Did You Know?

- Except for beets, carrots contain more sugar than any other vegetable. This makes carrots a satisfying snack eaten raw and tasty in cooked dishes.
- The carrot is a member of the parsley family. This family includes celery, parsnip, fennel, dill, and coriander.
- Carrots are more nutritious cooked than raw. Cooking softens the cells and makes more nutrients available. Be careful not to overcook!
- Eating carrots with fats such as olive oil increases the body's absorption of beta-carotene.

