



Harvest of the Month™

**I'd make a veggie
joke, but no one
would CARROT all!**



**The Harvest of the Month
featured produce is carrots.**

Health and Nutrition Go Hand-in-Hand
Make half your plate fruits and
vegetables and be active every day.

NUTRITION FACTS

Nutrition Facts	
Serving Size 128 g	
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	

★ HOW MUCH IS ENOUGH?

One cup of chopped carrots provides more than 100 percent of an average adult male or female's recommended daily allowance (RDA) of vitamin A. Kids, Ages 5-12 Teens and Adults, Ages 13 and up Males 2½ - 5 cups per day 4½ - 6½ cups per day Females 2½ - 5 cups per day 3½ - 5 cups per day *If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

★ WHY CHOOSE CARROTS?

Carrots are a good source of several vitamins and minerals, especially vitamin A (from beta-carotene), biotin, vitamin K (phylloquinone), potassium and vitamin B6.

★ SHOPPER'S TIPS

The root of the carrot, the orange part, should be firm without cracks or noticeable dryness. If the carrot does not have it's top, be sure the stem is not overly dark in color.

★ HEALTHY SERVING IDEAS

- It is not necessary to peel them. If they are not organically grown, it is recommend to peel them to lower risk of exposure to unwanted pesticides or other contaminants.
- Shredded raw carrots and chopped carrot greens make great additions to salads.
- Quick Steaming is a cooking method that gives carrots the greatest flavor.

