

Fresh Sweet Carrots

Fun facts

Carrots were cultivated in the Mediterranean region as early as 500 B.C. Carrots were naturally purple and yellow, with orange carrots appearing in 17th century art from Germany and Holland. The orange carrots we consume now are generally thought to be just a matter of cultural preference.



Can you
“eye” the answer?

Select the vitamin orange carrots contain that the body uses to support the development of healthy eyes?

- a. Eye essential
- b. Gamma globulin
- c. Vitamin see
- d. Beta carotene



Select the one vegetable that contains more sugar than carrots?

- a. Apples
- b. Broccoli
- c. Zucchini
- d. Beets



How many pounds of carrots does the average American eat?

- a. 35 pounds
- b. 5 pounds
- c. 100 pounds
- d. 20 pounds



Carrots

Nutrition Facts

Serving Size

1 medium (about 8 baby) (148g)

Amount Per Serving

Calories 26

Calories from
Fat 0

%Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate
6g 1%

Dietary Fiber 2g 8%

Sugars 4g

Protein 1g

Vitamin A 172%

Vitamin C 10%

Calcium 2%

Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

“Baby” carrots you buy at the store are usually mature carrots that have been cut and trimmed to look like baby carrots. Mature carrots are often sweeter than fairly young carrots.