



IMPROVE YOUR SIGHT DAY AND NIGHT carrot

Carrots are packed with vitamin A, which is essential for good vision. Vitamin A also supports cell growth and plays a critical role in the normal formation and maintenance of the heart, lungs, kidneys and other organs.

Half of a cup of chopped, raw carrots provides more than 100 percent of the recommended dietary allowance for children ages 1-8. Eating plenty of fruits and vegetables like carrots may help reduce the risk of many diseases, including heart disease, high blood pressure and some cancers.

Did you know?

- Carrots are more nutritious when cooked than raw, because cooking softens the cells and makes more nutrients available.
- Just one medium carrot or a handful of baby carrots counts as one serving of your daily recommended vegetables.
- Carrots come in a host of colors other than orange, like white, yellow, red and purple.

Shopping, Preparing and Storing

- If you buy carrots with green tops still attached, remove them before storage.
- Do not buy carrots that are overly large. These will have a tough wood-like core and will not be sweet.
- Store carrots in the refrigerator in a sealed plastic bag.

Cooking Tips

- Try roasting carrots in the oven. The natural sugars in the carrot will concentrate and caramelize.
- Carrots flavor well with curry, honey, citrus, mint, thyme and rosemary.
- It is best to blanch carrots until almost tender before using them in a stir-fry because they take longer to cook than most other vegetables.

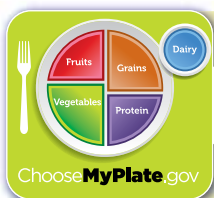
Florida carrots are predominately grown in Orange County.

ROASTED CARROTS

- 12 carrots
- 3 tablespoons olive oil
- Salt and pepper to taste
- 2 teaspoons dried oregano



1. Preheat the oven to 400 degrees F.
2. Slice the carrots diagonally in 1 1/2-inch-thick slices.
3. Toss them in a bowl with the olive oil, salt and pepper.
4. Transfer to a sheet pan and roast in the oven for 20 minutes until browned and tender.
5. Toss the carrots with oregano and serve as a snack or side dish.



FRUITS

Make most of your choices whole or cut fruit instead of juice.

VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

GRAINS

Make at least half of your grains whole grains.

DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.