



Nutritional benefits of eating Carrots

Carrots are made up of about 88% water, 7% sugar, 1% protein, 1% fibre, 1% ash, and 0.2% fat.

One glass of milk contains the same amount of calcium as in 9 carrots.



Carrots are about 10% carbs, consisting of starch, fibre, and simple sugars. They are extremely low in fat and protein.

Carrots are packed with fibre, which helps to keep our digestive system healthy and to balance our blood glucose (sugar) levels. Fibre also helps you to feel fuller for longer so that you find it easier to maintain your weight.



Carrots contain a nutrient called beta-carotene, which is converted into vitamin A in the body. Of all fruit and vegetables, carrots are actually the best source of beta-carotene.

Carrots are a good source of several vitamins and minerals, especially biotin, potassium, and vitamins A (from beta carotene), K1 (phylloquinone), and B6.

Eating carrots is linked to a reduced risk of cancer and heart disease, as well as improved eye health.

Carrots may cause reactions in people allergic to pollen

Carrots are the perfect snack — crunchy, full of nutrients, low in calories, and sweet





Nutritional benefits of eating Carrots

How can we easily incorporate carrots into our diet?



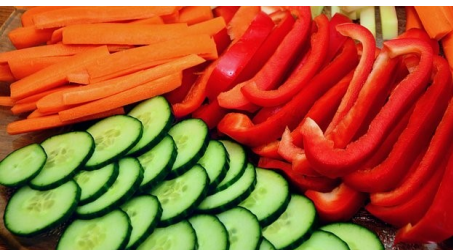
Carrot Juice



Cooked on their own or mix with other vegetables



In a salad



As a tasty snack on their own or with other salad items (Raw)



As a Soup