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# CARROTS

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Here's what you need to know...

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## Fun Facts About Carrots:

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One pound of carrots equals 3 to 3½ cups of peeled and sliced, chopped, or grated raw carrots.

One 7-inch-long carrot has only 30 calories. A single cup of grated carrots has 45 calories.

There are lots of nutrients in a single carrot. Few other vegetables or fruits contain as much carotene as carrots, which the body converts to vitamin A. Vitamin A is vital to bone health, immune support, skin health, and good vision.

Carrots are also a good source of potassium, fiber, and vitamin C.

Baby carrots are among the most popular items in the produce aisle, accounting for over 80% of all retail carrot sales.

## Storing Carrots:

It's best to store carrots in a plastic bag in the refrigerator, unwashed and uncut, until you're ready to use them. Carrots will keep for at least two weeks this way. However, since we're more inclined to eat vegetables if they're ready to use, it may be wise to slice some carrots for easy snacking on the go.

You can also freeze carrots. Simply chop or grate them and throw them in the freezer in 1 cup portions. The National Center for Home Food Preservation says that carrots should be blanched before freezing for the best quality and texture, but you don't need to worry about this if you're planning to use them to make soups, casseroles, or other cooked treats.

