



Carrots, Fresh

MyPlate Food Group: **Vegetable**



Nutrition Information

- 1 cup of raw carrots counts as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Carrots are an important source of many nutrients including vitamin A and antioxidants like lutein, which is important for eyesight.

Uses and Tips

- Fresh carrots do not need to be cooked or heated. Gently rub produce while holding under plain running water to remove any visible debris, peel, and enjoy.
- Hummus or a low-fat salad dressing make a great dip for carrots.
- Add carrots to any pasta dish for added texture and flavor.
- Keep a bowl of peeled, cut up carrots in the refrigerator for an easy snack anytime of the day.
- Diced or grated carrots are an excellent addition to tuna, chicken, shrimp, or egg salad.

Storing Foods at Home

- Do not wash carrots until ready to eat.
- Carrots should be stored in the refrigerator in a plastic bag, loosely tied or knotted.

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



USDA Foods

Classic Carrot Raisin Salad

Makes 6 servings

Ingredients:

½ cup raisins

2 cups carrots, shredded

⅔ cup fat-free vanilla yogurt

Salt and pepper, to taste

Directions: Wash hands with soap and water.

1. Soak raisins in a bowl of hot water for 15 to 20 minutes; drain off all water.
2. Stir together raisins, carrots, and yogurt.
3. Add salt and pepper to taste.
4. Chill before serving.

Recipe adapted from The University of Tennessee Agricultural Extension Service

Balsamic Roasted Carrots

Makes 2 servings

Ingredients:

6 fresh carrots, cut into 3-inch pieces

2 teaspoons vegetable oil

2 teaspoons balsamic vinegar

¼ teaspoon salt (optional)

¼ teaspoon pepper (optional)

Directions: Wash hands with soap and water.

1. Preheat oven to 450 degrees F.
2. In a medium bowl, combine all ingredients and toss to coat.
3. Place carrots in a skillet or sheet pan, roast for 7 minutes in oven.
4. Remove skillet or sheet pan from oven and toss.
5. Return to oven and cook for additional 5-7 minutes until slightly tender.

Recipe adapted from First Nations Development Institute