

Fresh Tips Card



Trivia

Carrots are not always orange. What other colors have you seen?

They can be purple, white, red, or yellow.

30 calories per serving	Total carbohydrates 7g
Total fat 0g	Cholesterol 0g
Sodium 60g	Fiber 2g
Sugars 5g	Protein 1g
Vitamin A 110%	Calcium 2%
Vitamin C 10%	Iron 2%

- Carrots are fat free, saturated fat free, low in sodium, cholesterol free, and a good source of Vitamin A.
- Choose well shaped, smooth, firm, crisp carrots with deep color and fresh green tops.
- Refrigerate carrots in plastic bags tops removed up to two weeks.
- You can enjoy carrots by adding them to salads, eating them fresh, adding a sweet glaze to them, in a casserole, steamed, with peanut butter or vegetable dip.



Make sure to pick up a recipe card at Redner's

Palmer Home Foundation

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