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# NUTRITION AND YOU...CARROTS

## FOOD FOR THOUGHT

Carrots are not always orange. They can also be purple, white, red or yellow. Carrots were the first vegetable to be canned commercially. Select well-shaped, smooth, firm, crisp carrots with deep color and fresh, green tops. Keep baby carrots dry when storing. Moisture allows bacteria to multiply. They make a wonderful snack when eaten raw and also a tasty addition to a variety of cooked dishes such as soups, stews, salads and stir-fries.



*Note: 12 baby carrots or 2 medium carrots provides 1 cup of your daily vegetable requirement.*

## SHOP SMART

In Ohio, carrots are available July through October. Carrots can be purchased year round from your local grocery store.

## EAT HEALTHY

### Carrots are:

- A good source of Vitamin A
- A good source of dietary fiber
- Low in calories
- Fat free
- Cholesterol free
- Low in sodium

## KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food.
- Wash carrots under running water before eating or cutting them. Keep foods that will be eaten raw (like carrots) separate from raw meat, poultry or seafood.
- Cut away damaged or bruised areas. Discard carrots that look spoiled.

Your Local Story here:

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**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND  
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES

# RECIPE

## Carrots with Tomatoes and Macaroni

### Ingredients:

- 1 tablespoon olive oil
- 1 small chopped onion
- 4 chopped plum tomatoes from a can 1/2 cup tomato juice from a can
- 6 large peeled and sliced carrots 1/4 teaspoon salt
- 1/4 teaspoon black pepper 1/4 teaspoon sugar
- 2 tablespoons chopped fresh parsley or 1 teaspoon dried parsley
- 1 teaspoon butter
- 1 cup elbow macaroni, cooked

### Instructions:

1. In a saucepan, cook the onion in the oil until soft but not brown. Add the tomatoes, tomato juice, carrots, salt, pepper and sugar.
2. Cover and cook over low heat for 5 minutes. Remove the cover and cook over low heat, stirring often, for another 5 minutes, or until the carrots are tender and the tomatoes are cooked down to a sauce.

### Nutrition Facts – Carrots with Tomatoes And Macaroni

Cost: Per Recipe: \$ 2.28                      Per Serving: \$ 0.57  
Serving Size: 1/4 of recipe  
Calories: 160                                      Calories from Fat: 45

Per Serving	% Daily Value*	*Percent daily value Based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.
Total Fat -- 5 g	8 %	
Saturated Fat – 1 g	5 %	
Dietary Fiber – 5 g	20 %	
Sodium – 240 mg	10 %	
Sugars – 9 g		
Protein – 4 g		

3. Stir in the parsley. Mix the butter with the cooked elbow macaroni. Stir into the carrot mixture and serve.

## FOCUS ON FITNESS

Exercise builds self-esteem. It also helps reduce stress, depression and anxiety for both parents and children.

- Walk the dog—don't just watch the dog walk.
- Clean the house or wash the car.
- Walk, skate, or cycle more, and drive less.

## REMEMBER:

Plan meals ahead of time.

## REFERENCES

- The Recipe Finder. SNAP-Ed Connection [recipefinder.nal.usda.gov/](http://recipefinder.nal.usda.gov/)
- United States Department of Agriculture ChooseMyPlate [choosemyplate.gov](http://choosemyplate.gov)
- The Wellness Encyclopedia of Food and Nutrition, The University of California at Berkeley, 1992



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