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.

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

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

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:

18 pt Arial Bold Headline
Text in 11 pt. Arial Regular
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
tea spoon salt
1/4 teaspoon black pepper 1/4
tea spoon sugar
2 tablespoons chopped fresh parsley or 1
tea spoon 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.
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/
● United States Department of Agriculture
ChooseMyPlate choosemyplate.gov
● The Wellness Encyclopedia of Food and
Nutrition, The University of California at
Berkeley, 1992

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*
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

*Percent daily value Based on a 2,000
calorie diet. Your daily values may be higher or lower
depending on your caloric needs.

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