

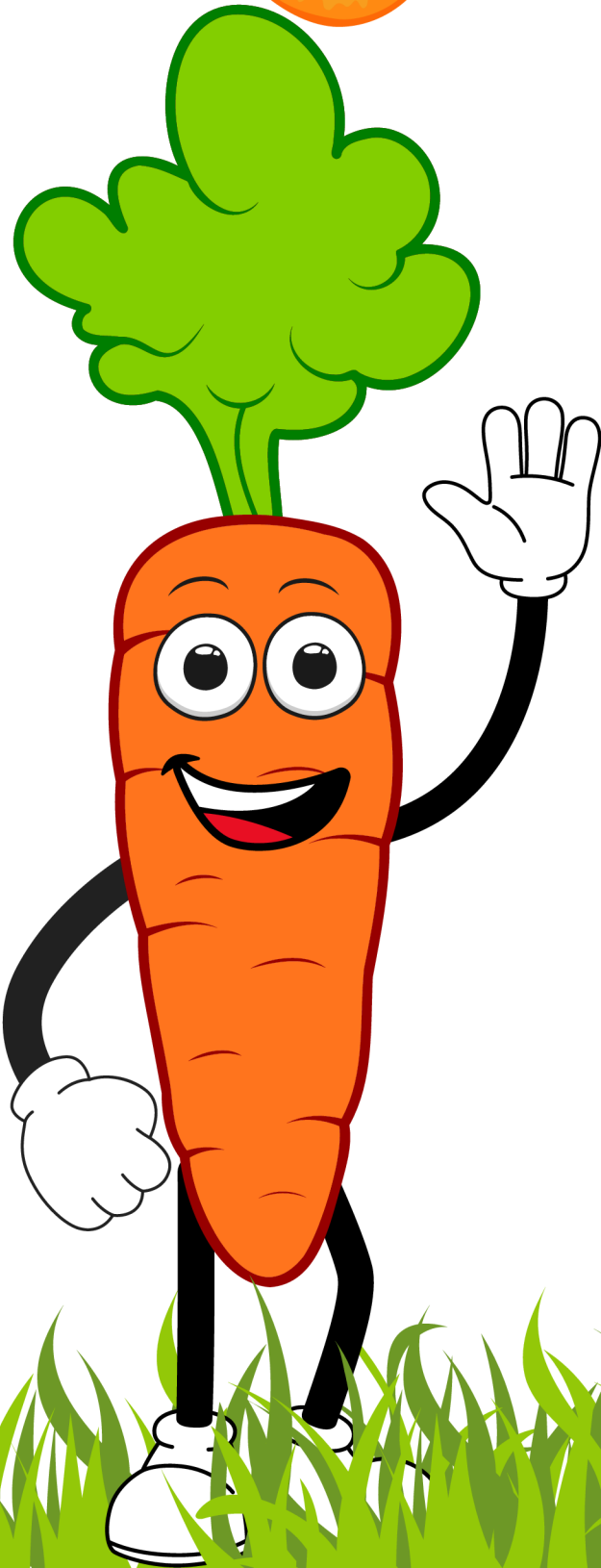
Nutraplanet Gazette

A whimsical illustration of a magical forest. The scene is dominated by several giant, glowing orange carrots with green leafy tops. The carrots are set against a dark, starry night sky. The ground is covered in various plants, some of which are glowing with a bright blue light. A small figure of a person with short dark hair, wearing a blue shirt and shorts, stands in the foreground, looking up at the carrots. The overall atmosphere is dreamlike and fantastical.

Vol 18

FOOD OF THE MONTH

CARROTS



Nutrition NOOK

CARROTS

THE SUPER VEGGIE
BENEFITS OF CARROTS
SHOPPING TIPS
5 WAYS TO ENJOY CARROTS

FIBER

WHAT IS FIBER?
BENEFITS OF FIBER
FIBER IN FOODS
HOW TO ADD MORE FIBER
FIBER CLEAN

specials

Flavor Lab

GROW A CARROT TOP

Taste Kitchen

CARROT CAKE BARS

ROASTED CARROT & CHICKPEA HUMMUS

NutraPlanet Playground

CROSSWORD PUZZLE

VOLUME 18 TRIVIA

THIS-OR-THAT

2 TRUE & 1 FALSE

TIC-TAC-TOE

Gazette Survey



the **SUPER VEGGIE**

Carrots are one of the most popular vegetables in the world, and for good reason! They come in a rainbow of colors, including orange, yellow, purple, red, and even white. Each type of carrot has its own flavor, from sweet and crunchy to a little earthy.

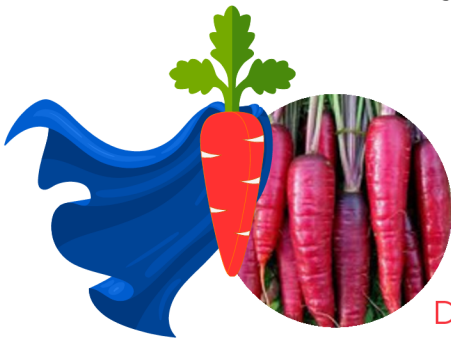
IMPERATOR

Imperator carrots, which are the long orange ones you usually see in stores



CHANTENAY

Chantenay carrots are shorter and sweeter



DRAGON & ATOMIC RED

Atomic Red and Dragon carrots are bright red and super sweet



PURPLE HAZE & COSMIC PURPLE

The purple carrots taste a bit spicier than orange ones,



One of the first places where carrots grew before growing all over the United States.

WHITE SATIN & SNOW WHITE

White Satin and Snow White carrots, look like icicles and taste just as delicious as their orange cousins.



watch!



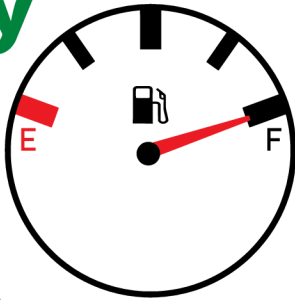
Carrots are not just tasty

but are packed with benefits

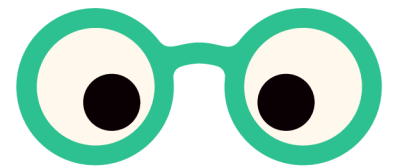


source of energy

Carrots help you stay active and strong throughout the day

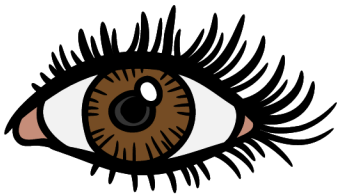


vitamin A



Carrots contain Vitamin A, keeps your eyes healthy and your skin glowing.

promotes



Eye Health

Carrots help protect your vision and keep your digestion smooth and regular.



Digestive Health

fiber

Carrots contain fiber, which is like a broom sweeping out the trash



MORE ABOUT CARROTS



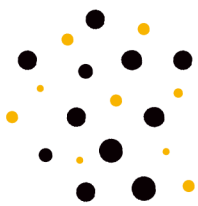
SHOPPING TIPS



Tips for selecting and enjoying carrots from your local market.



Brightly colored carrots with smooth skin.



Avoid carrots that have spots.



Look for firm carrots avoid soft carrots.

5 ways to enjoy CARROTS



1

CARROTS RAW WITH DIP



2

CARROTS IN SOUP

3

ROASTED FOR SIDE DISH



4

CARROT MUFFINS



5

GRATED FOR SANDWICHES



CARROT BIG IDEA

Carrots are truly amazing vegetables that come in a rainbow of colors.

Carrots have fantastic health benefits, whether you enjoy them raw, cooked, or hidden in your favorite recipes.

Carrots give your body vitamins and minerals that help you grow strong and stay healthy.



BRAINCHECK

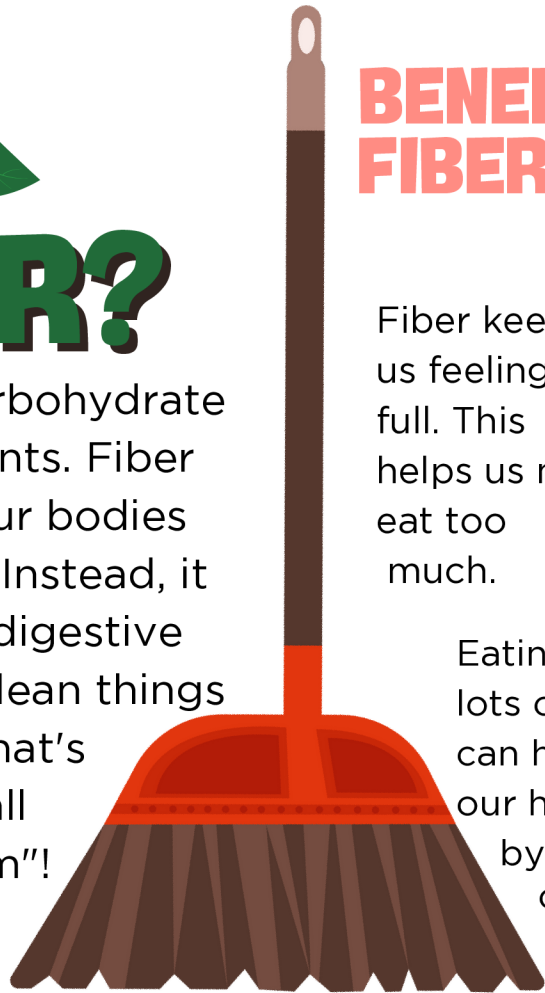
- 1 Have you ever tried a purple or white carrot?
- 2 How does Vitamin A help your body?
- 3 Can you explain why fiber is important for your body?
- 4 How can you tell if a carrot is fresh and ready to eat?
- 5 What's one new way you can try eating carrots this week?

WHAT IS

FIBER?

Fiber is a type of carbohydrate that comes from plants. Fiber is special because our bodies can't break it down. Instead, it travels through our digestive system, helping to clean things up along the way. That's why some people call fiber "nature's broom"!

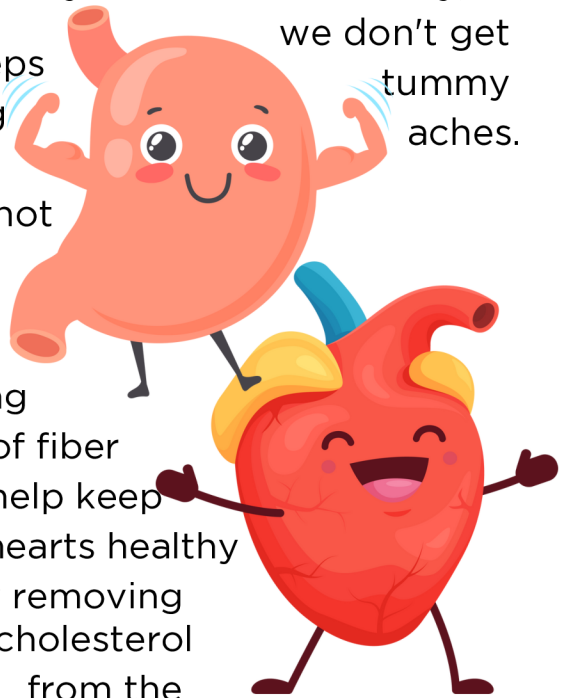
REMEMBER



BENEFITS OF FIBER

Fiber makes our digestive system work smoothly, so we don't get tummy aches.

Fiber keeps us feeling full. This helps us not eat too much.



Eating lots of fiber can help keep our hearts healthy by removing cholesterol from the blood.

You can find fiber in lots of yummy foods.

BROCCOLI



CARROTS



SWEET POTATOES



Vegetables

OATMEAL



BROWN RICE



BEANS



Grains

ORANGES



APPLES



BERRIES



Fruits

Ideas to add fiber



1 Eat trail mix with nuts and fruit



2 Add beans to your favorite soup or salad.

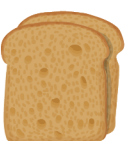
3 Add berries to your breakfast



4 Munch on carrots or apple slices.

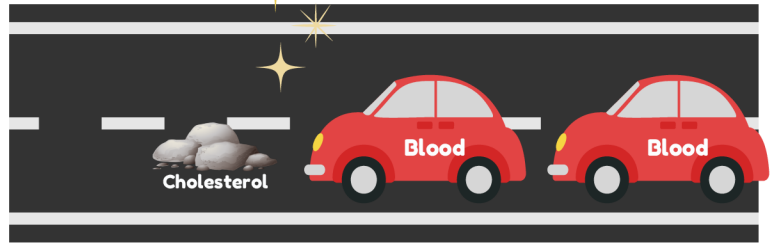


5 Choose whole wheat instead of white bread.



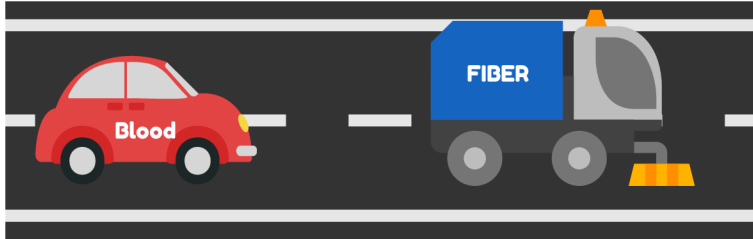
FIBER CLEAN

Imagine your blood as tiny cars driving through roads (your blood vessels). Sometimes, sticky stuff called cholesterol can build up on these roads, making it harder for the blood cars to drive through.



Blood Vessels

Fiber is like a friendly street sweeper—it helps clean up that sticky stuff, keeping your blood highways clear and clean! When your blood can flow easily through clean vessels, your heart doesn't have to work as hard to pump blood around your body.



Blood Vessels

FIBER



Fiber plays many important roles in our body by keeping our digestive system running smoothly.



Fiber can easily be added to your diet by making simple choices.



- 1 What is fiber, and where can we find it?
- 2 Can you name three foods that have a lot of fiber?
- 3 Why might eating fiber-rich foods help you feel full for longer?
- 4 Can you think of a way fiber might help your heart?



LISTEN 



**NUTRITION
MUSIC**

GROW A CARROT TOP!

STEPS

1. Cut the top inch off a carrot (where the green stem grows).
2. Place the carrot tops on the plate, ensuring that the bottoms are covered with water, but they are not completely submerged.
3. Keep an eye on the level of water for the carrots and top up when needed.
4. Watch your carrot tops begin to sprout roots.
5. Once your carrots have tall roots, they are ready to plant in soil to take care of and grow!

ITEMS NEEDED:

Carrot tops from full carrots
Shallow dish or small jar
Water

Optional:
Cotton balls
Small stones

WHICH WAY WILL THE CARROT GROW?



CARROT CAKE BARS

WITH CREAM CHEESE FROSTING

INGREDIENTS

3 tbsp unsalted butter, melted
1/3 cup ground flaxseed
2.5 tsp ground cinnamon
1/3 tsp ground nutmeg
1/2 cup pure maple syrup
1.5 tsp vanilla extract

2.5 cups almond flour
1.25 tsp baking soda
1 tsp ground ginger
1/3 tsp fine sea salt
3 large eggs
1/2 cup raisins
3 medium carrots
shredded (1.25 cups)

TOPPING INGREDIENTS

1 batch healthy cream cheese frosting
1/3 cup chopped toasted pecans or walnuts



INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Line a 9x9 inch (23x23 cm) baking dish with parchment paper and lightly grease with cooking spray. Set out cream cheese to soften if making frosting.
2. Mix dry ingredients: In a large bowl, whisk together almond flour, flaxseed, baking soda, cinnamon, ginger, nutmeg, and salt.
3. Mix wet ingredients: In the same bowl, add maple syrup, eggs, vanilla, and melted butter. Stir until well combined. Fold in shredded carrots and raisins (and optional pineapple or coconut, if using)..
4. Spread batter evenly in the prepared baking dish. Bake for 32-35 minutes, or until a toothpick inserted in the center comes out clean.
5. Allow cake to cool completely in the pan. Meanwhile, prepare the frosting according to the recipe. Once cooled, spread frosting over the cake and sprinkle with chopped nuts.
6. Cut into squares and enjoy! Store unfrosted cake at room temperature for up to 2 days. Refrigerate frosted cake after 2 hours and consume within 5 days.



ROASTED & CHICKPEA CARROT HUMMUS

INGREDIENTS

1.25 pounds carrots,
chopped into 1-inch chunks
3/4 cups cooked chickpeas,
rinsed and drained
1/3 cup tahini
3/4 tsp ground cumin
3/4 tsp salt
1/3 tsp ground cinnamon
1/3 tsp ground cayenne
1/4 tsp ground cloves

4 whole cloves of garlic, peels left on
5 tbsp extra virgin olive oil
1/3 cup water (more if necessary)
Fresh cilantro, minced, to serve
3 tbsp fresh lemon juice
3/4 tsp ground ginger
1/2 tsp ground black pepper
1/3 tsp ground coriander
1/3 tsp ground allspice

OPTIONAL INGREDIENTS

1/4 cup roasted red peppers for added sweetness and color
2 tblsp pomegranate molasses for a tangy-sweet flavor
1/4 cup toasted pumpkin seeds for garnish and crunch























INSTRUCTIONS

1. Preheat the oven to 425°F (220°C). Toss the chopped carrots and whole garlic cloves with 3 tablespoons of olive oil. Spread evenly on a parchment-lined baking sheet and roast until tender and lightly browned, 20 to 22 minutes, tossing halfway through.
 2. Once cool enough to handle, squeeze the garlic cloves out of their peels.
 3. In a food processor, combine roasted carrots, roasted garlic, chickpeas, tahini, lemon juice, water, and all spices. With the motor running, drizzle in the remaining 2 tablespoons of olive oil. Process until smooth, scraping down the sides as needed.
- Taste and adjust seasonings. If too thick, add more water or oil and process until desired consistency is reached.
 - Serve garnished with minced cilantro, alongside fresh vegetables and crackers.
 - For a smoother hummus, remove the skins from the chickpeas before blending.
 - Roast extra carrots to use as a colorful garnish on top of the hummus.
 - This hummus can be stored in an airtight container in the refrigerator for up to 5 days.



NutraPlanet Playground

Can you find all 14 words related to carrots?

	R	P	R	F	C	B	V	Y	F	E	S	T	E	P	
	N	U	W	O	L	L	E	Y	G	O	O	R	L	U	
	R	R	S	E	T	N	A	N	Y	H	L	A	B	Y	
	E	P	O	I	B	O	A	R	N	W	U	A	A	E	
	Y	L	M	B	I	R	C	N	H	C	B	C	T	L	
	F	E	E	B	O	R	B	I	I	S	L	H	E	O	
	B	G	A	V	U	A	T	E	M	R	E	A	G	A	
	R	L	I	N	L	E	R	H	P	E	I	N	E	E	
	E	B	C	A	N	T	E	E	E	V	C	T	V	G	
	P	H	B	Y	E	R	I	O	R	N	N	E	G	I	
	Y	B	C	A	R	R	O	T	A	A	U	N	H	G	
	Y	E	A	L	B	L	L	B	T	D	W	A	P	E	
	T	T	N	E	G	Y	O	N	O	E	T	Y	O	E	
	D	B	H	B	F	I	B	E	R	Y	O	A	E	N	

Impersonator

Fiber

White

Soluble

Vegetable

Carrot

Chantenay

Yellow

Nantes

Orange

Danvers

Purple

Crunchy

Baby

TRIVIA



Which of the following is NOT a color of carrots?

- A) Red
- B) Blue
- C) Purple
- D) White



Which of these is a key benefit of eating fiber in carrots?

- A) Helps improve vision
- B) Helps with digestion
- C) Increases muscle strength
- D) Improves sleep quality



What vitamin in carrots helps improve eyesight?

- A) Vitamin C
- B) Vitamin A
- C) Vitamin D
- D) Vitamin B12



What is fiber?

- A) A type of sugar
- B) A type of fat
- C) A type of carbohydrate
- D) A type of protein



Where did carrots originally grow?

- A) United States
- B) France
- C) Afghanistan
- D) Italy



Which of these foods is NOT a good source of fiber?

- A) Apples
- B) Candy
- C) Carrots
- D) Wheat bread



Which of these is a benefit of eating fiber?

- A) It helps us feel full longer
- B) It gives us a sugar rush
- C) It makes us sleepy
- D) It makes food taste sweeter



THIS-OR-THAT

WOULD YOU RATHER...



Grow a carrot garden in your backyard

OR



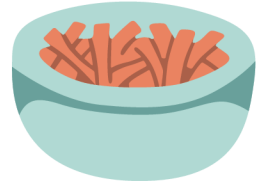
Visit the world's largest carrot farm

WOULD YOU RATHER HAVE...



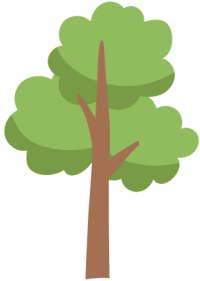
A smoothie made with carrots

OR



A salad made of carrots

WOULD YOU RATHER...



Eat a carrot the size of a tree

OR



Eat 100 carrots the size of peas

WOULD YOU RATHER...



Drink carrot juice with every meal.

OR



Eat carrot cake for breakfast every day

1 TRUE & 2 FALSE

WHICH IS WHICH?

Which of the following statements is true? which are false?
Hint: Two statements are true and one statement is false.

Our bodies can easily break down fiber for energy.

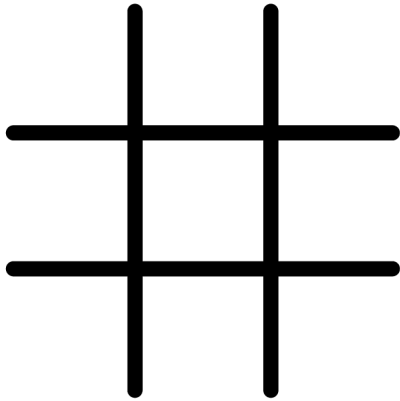
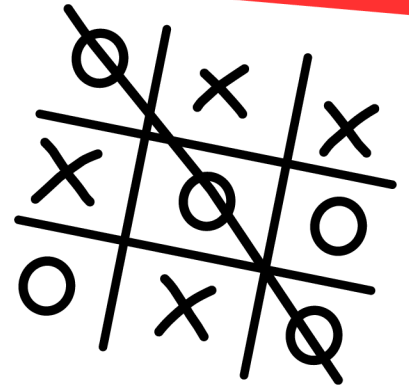
Fiber helps keep our digestive system healthy.

Vitamin A in carrots helps protect your eyes and skin.



Tic-Tac-Toe

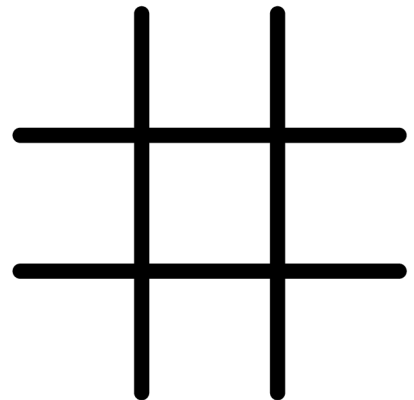
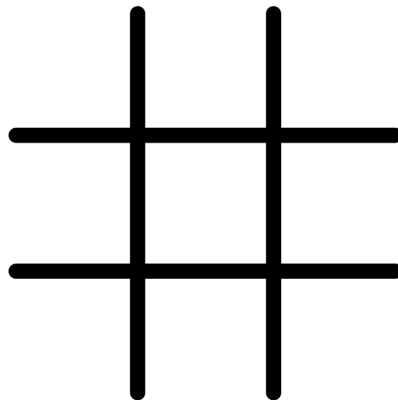
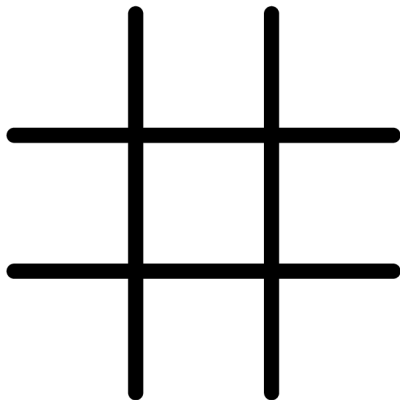
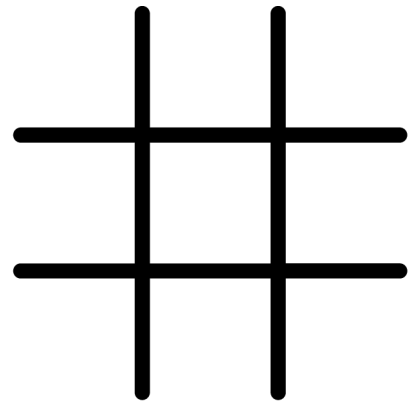
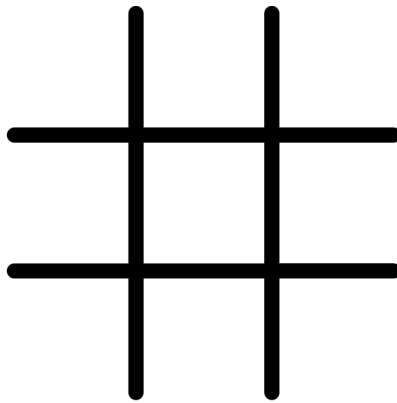
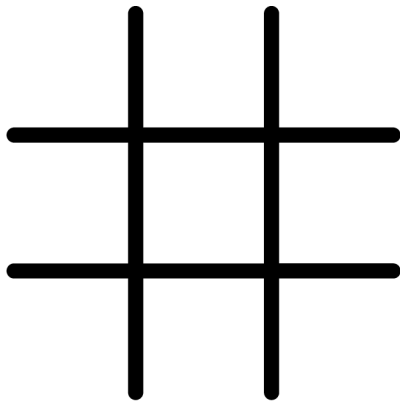
Taking turns with your partner, play a game of Tic Tac Toe with a goal of getting three in a row .



SCORE

Player 1

Player 2



WE VALUE YOUR FEEDBACK!

That's why we invite you to share your feedback about this issue. This survey will take a few minutes. Just click any question to begin. Thank you for making us a better gazette.

1 Did you enjoy this edition of the Nutraplanet Gazette?

- Yes, I loved it It was OK Not really Didn't read it

2 After reading, are you more likely to try the food of the month?

- Definitely Maybe Probably Not No way

3 Are you more likely to select the food of the month if you see it in the cafeteria?

- Yes, I loved it It was OK Probably Not No way

4 Do you feel that you know more about the food of the month after reading the Gazette?

- Yes, I learned a lot I learned a little Not really I didn't read

5 What topics would you like to see in future editions of the Gazette?