



CRINKLE CARROT CHIP

DID YOU KNOW?

- Crinkle cut carrots retain the nutritional benefits of regular carrots, including vitamins A, C, and K, as well as fiber,
- Carrots are an excellent source of beta-carotene, an antioxidant that the body converts into vitamin A.
- Carrots are approximately 88% water, making them a hydrating and refreshing food.

FUN FACT!

Eating an excessive amount of carrots can lead to a yellowish skin color; it is not harmful.



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