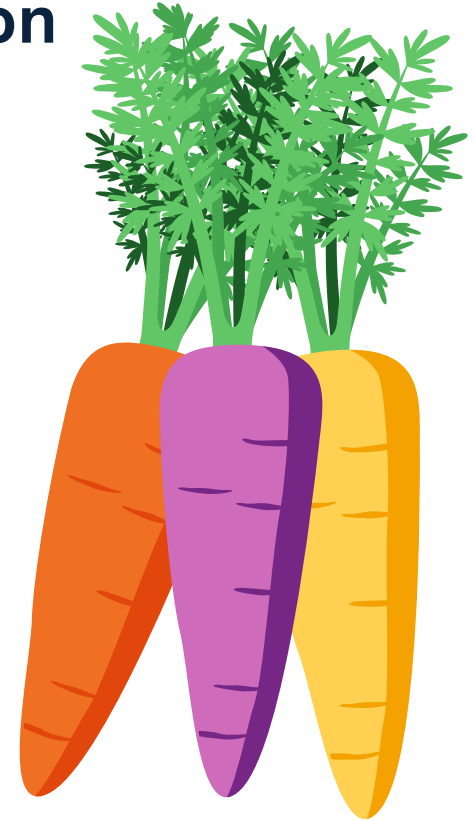




FRESH FRUIT AND VEGETABLE PROGRAM

Nutritional Education

RAINBOW CARROTS



FUN FACTS:

1. Carrots were originally purple!
2. Different colors of carrots have slightly different flavors. Orange and yellow carrots are usually sweeter, purple carrots can taste more peppery, and white carrots are often more earthy.

NUTRITIONAL INFORMATION:

Each color of carrot offers slightly different nutritional benefits. For example, yellow carrots support vision, white carrots may help reduce inflammation, and purple carrots act as antioxidants!