



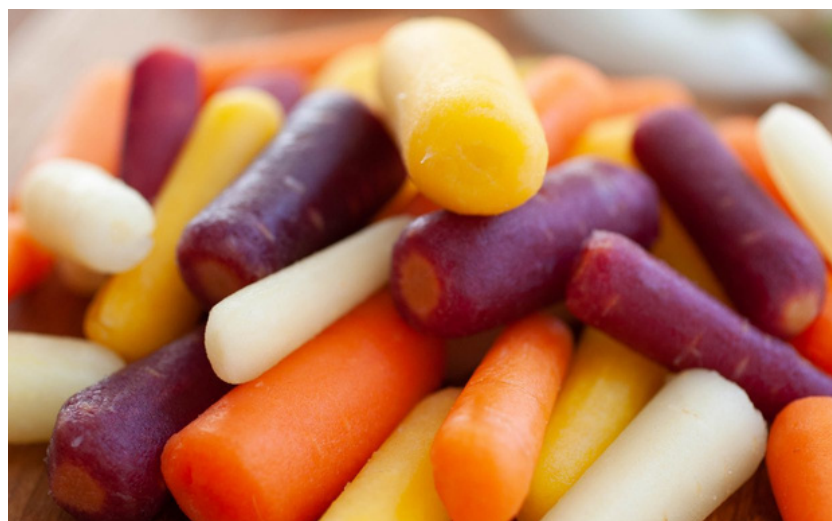
# RAINBOW BABY CARROTS

## DID YOU KNOW?

- Carrots are part of the root vegetable family.
- The carrot is usually orange in color although purple, red, white, and yellow varieties also exist.
- Carrots are full of vitamin A which is important for the health of our vision.
- The average American eats about 12 pounds of carrots a year.

## FUN FACT!

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



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