



CARROTS

DID YOU KNOW?

- Carrots are crunchy root vegetables that grow underground and are packed with healthy vitamins and a sweet flavor,
- 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.



Visit **fcsnutrition.com** for menus and more info!

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