

# Carrots

## Key Points

- For the best buy, choose carrots that are firm, smooth and without cracks.
- To prepare carrots, wash well before eating.
- To keep fresh, refrigerate unwashed carrots for up to 2 weeks. Refrigerate cooked carrots for up to 3 days.
- Carrots contain vitamin A, which is good for healthy eyes and skin.



## Carrot Salad

### Ingredients:

1 pound carrots (6-7 carrots)  
1/2 cup low fat mayonnaise  
1 1/2 cups chopped pineapple, drained  
3/4 cup raisins  
Pinch of salt and pepper

### Directions:

1. Peel and shred the carrots. Set aside.
2. In a large bowl, combine the mayonnaise, pineapple and raisins.
3. Add the carrots to the bowl. Mix well.
4. Add salt and pepper to taste.
5. Refrigerate until ready to serve.
6. Refrigerate leftovers.

**Makes 6 servings.**

## Carrot Cookies

### Ingredients:

1 cup flour  
1 teaspoon baking powder  
1 cup oats  
1 teaspoon cinnamon  
1 1/4 cups shredded carrots  
1 1/2 cups raisins  
1/2 cup applesauce  
1/4 cup vegetable oil  
1/2 cup honey

### Directions:

1. Preheat oven to 350°F
2. In a large bowl, stir together flour, baking powder, oats, cinnamon, carrots and raisins.
3. In a small bowl, stir together the applesauce, oil and honey.
4. Mix wet ingredients into dry ingredients.
5. Drop by teaspoonful onto 2 greased cookie sheets to make 36 cookies.
6. Bake 10 minutes. Enjoy!
7. Each serving is 3 cookies.

**Makes 12 servings.**

## Quick Tips

- Eat carrot sticks plain, with low-fat salad dressing or dip.
- Shred carrots into a soup or salad.
- Wash and cook carrot tops to eat as greens!
- Remember to rinse all fruits and vegetables before using.

# The Nutrition Facts Label—What does it tell us?

Recipe name: Carrot Salad

## Nutrition Facts

Serving Size: 1/8 of recipe (133g)

Servings Per Recipe: 8

### Amount/Serving

**Calories** 150      **Calories from Fat** 45

**% Daily Value\***

**Total Fat** 5g      **8%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** less than 5mg      **2%**

**Sodium** 230mg      **10%**

**Total Carbohydrate** 24g      **8%**

Dietary Fiber 3g      **12%**

Sugars 19g

**Protein** less than 1g

Vitamin A 140%      Vitamin C 15%

Calcium 2%      Iron 4%

\*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:

5% or less is LOW

20% or more is HIGH

# The Nutrition Facts Label—What does it tell us?

Recipe name: Carrot Cookies

<b>Nutrition Facts</b>	
Serving Size: 1/12 of recipe (83g)	
Servings Per Recipe: 12	
<b>Amount/Serving</b>	
<b>Calories</b> 240	<b>Calories from Fat</b> 50
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 45g	<b>15%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 24g	
<b>Protein</b> 4g	
Vitamin A 30%	Vitamin C 2%
Calcium 4%	Iron 10%
*Percent (%) Daily Values are based on a 2,000 calorie diet.	

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

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- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
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