

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is...

Carrots

You can find POW! info sheets on the EHH District website!
www.ehhd.org
Look for
Produce Of the Week



What veggie has a high natural sugar content?

CARROTS!

- Look for carrots that are well shaped and deep in orange color. The darker carrots contain more beta carotene.
- Avoid carrots that are cracked, shriveled or wilted.
- Carrots are best stored between 32–50 degrees in the crisper section of the refrigerator.
- Baby carrots are carrots that have been removed from the ground early.

Source: www.fruitsandveggiesmatter.gov

Nutrition Facts:

- Carrots are an excellent source of Vitamin A and a good source of Vitamin C.
- They contain no fat or cholesterol and little sodium.
- A typical serving size is 1/2 cup, which contains about 25 calories.

Did you know ?

- Carrots were the first vegetable to be canned commercially.
- Carrots are in season year round and are great as a quick snack or an addition to a meal.

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7





Try these delicious, nutritious and healthy recipes!

Carrot, Apple, Almond Salad

INGREDIENTS

- ◆ 4 carrots, shredded
- ◆ 1 apple - peeled, cored and shredded
- ◆ 1 tablespoon lemon juice
- ◆ 2 tablespoons honey
- ◆ 1/4 cup blanched slivered almonds
- ◆ salt and pepper to taste

DIRECTIONS

In a bowl, combine the carrots, apple, lemon juice, honey, almonds, salt and pepper. Toss and chill before serving.

Simple ways to enjoy CARROTS:

- ☞ Carrots are great raw or cooked.
- ☞ Raw carrots can be a delicious snack for the whole family when eaten plain or when paired with a low-fat dip.
- ☞ Steamed carrots sprinkled with honey & ginger are a great side dish.



Ginger Carrots

INGREDIENTS

- ◆ 1 pound carrots
- ◆ 1 Tbsp. margarine
- ◆ 2 Tbsp. brown sugar
- ◆ 1/2 cup apple juice

- ◆ 2 Tbsp. fresh ginger, or 1/2 Tbsp. dried ginger
- ◆ 1/4 tsp. cumin
- ◆ 1 tsp. white pepper
- ◆ Salt and pepper to taste

DIRECTIONS

Cook carrots in boiling water for 3 minutes or until tender, cool. In a sauce pan melt margarine and sugar until it begins to boil. Reduce heat, cook for 5 minutes to caramelize. Add apple juice and bring to a boil. Cook until sauce is reduced to a light syrup. Add carrots, ginger and cumin. Cook on medium heat until glazed. Salt and pepper to taste.

Recipe modified from morematters.org

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!