



WHY CARROTS SHOULD BE IN YOUR CRISPER

CARROTS CHECK A BOX THAT GOVERNMENT HEALTH OFFICIALS SAY SHOULD BE FILLED EVERY DAY. SO THE RECOMMENDATION IS THAT WE HAVE ONE SERVING OF AN ORANGE OR YELLOW VEGETABLE EACH DAY. DIETITIAN KATE ZERATSKY SAYS THAT'S BECAUSE ROOT VEGGIES LIKE CARROTS PACK A LOT OF NUTRITIONAL PUNCH IN EACH CRUNCH.

CARROTS CONTAIN A COMPOUND CALLED BETA-CAROTENE THAT'S CONVERTED TO VITAMIN A IN YOUR BODY. VITAMIN A PROMOTES EYE HEALTH AND IT REDUCES YOUR RISK FOR CANCER. I THINK WE OFTEN THINK OF THE VITAMIN A; HOWEVER, CARROTS HAVE A WEALTH OF NUTRITION.

ZERATSKY SAYS CARROTS ARE AN EXCELLENT SOURCE OF SOLUBLE FIBER AND THEY'RE RICH IN ANTIOXIDANTS, TOO. BOTH OF WHICH CAN BE BENEFICIAL TO THE HEART. THE CARROT'S POTASSIUM AIDS IN CONTROLLING BLOOD PRESSURE AND ITS VITAMIN C BOOSTS YOUR IMMUNE SYSTEM.

I THINK CARROTS ARE A GREAT VEGETABLE JUST BECAUSE THEY'RE SO SIMPLE. YOU CAN EAT THEM RAW, YOU CAN EAT THEM COOKED AND THEY HELP ASSURE THAT WE DO GET OUR ONE SERVING OF AN ORANGE OR YELLOW VEGETABLE IN EACH DAY.

FOR THE MAYO CLINIC NEWS NETWORK, I'M JEFF OLSEN.