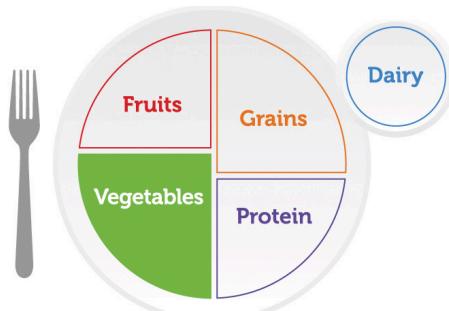




# Carrot



**MyPlate.gov**



Scan QR code to  
find more NE Team  
Nutrition resources.



## VARY YOUR VEGGIES

Make half your plate  
fruits and veggies!

Carrots count as a  
vegetable. Try carrots and  
other colorful vegetables to  
stay healthy!



## WHAT IS IT?

Carrots are crunchy root vegetables  
that grow underground. They come in  
many colors. Enjoy them fresh, frozen,  
or canned all year long.

## FUN FACTS & TIPS



The U.S. is the second  
largest carrot-producing  
countries in the world.



About 85% of carrots in the  
U.S. are grown in California.



Try dipping carrot sticks in  
hummus or low-fat dressing  
for a crunchy, healthy snack.



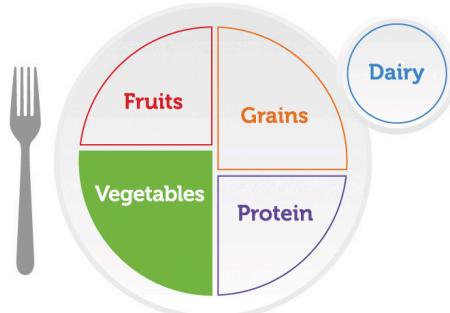
This resource was created based on similar MyPlate Food Fact Cards developed by the USDA,  
which can be accessed at [https://www.myplate.gov/resources/print-materials?f%5B0%5D=resource\\_type%3A1177](https://www.myplate.gov/resources/print-materials?f%5B0%5D=resource_type%3A1177).

This project was funded using U.S. Department of Agriculture grant funds.

This institution is an equal opportunity provider.



# Carrot



**MyPlate.gov**



Scan QR code to  
find more NE Team  
Nutrition resources.



## VARY YOUR VEGGIES

Make half your plate  
fruits and veggies!

Carrots count as a  
vegetable. Try carrots and  
other colorful vegetables to  
stay healthy!



## WHAT IS IT?

Carrots are crunchy root vegetables  
that grow underground. They come in  
many colors. Enjoy them fresh, frozen,  
or canned all year long.

## FUN FACTS & TIPS



The U.S. is the second  
largest carrot-producing  
countries in the world.



About 85% of carrots in the  
U.S. are grown in California.



Try dipping carrot sticks in  
hummus or low-fat dressing  
for a crunchy, healthy snack.



This resource was created based on similar MyPlate Food Fact Cards developed by the USDA,  
which can be accessed at [https://www.myplate.gov/resources/print-materials?f%5B0%5D=resource\\_type%3A1177](https://www.myplate.gov/resources/print-materials?f%5B0%5D=resource_type%3A1177).

This project was funded using U.S. Department of Agriculture grant funds.

This institution is an equal opportunity provider.



# RABBIT MAZE

Can you help the rabbit find the carrots?



# RABBIT MAZE

Can you help the rabbit find the carrots?

