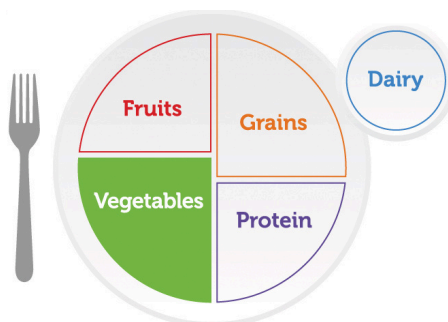




Carrot

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.



MyPlate.gov

VARY YOUR VEGGIES

Make half your plate fruits and veggies!

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



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.



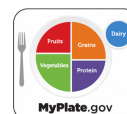
Try dipping carrot sticks in hummus or low-fat dressing for a crunchy, healthy snack.



Scan QR code to find more NE Team Nutrition resources.



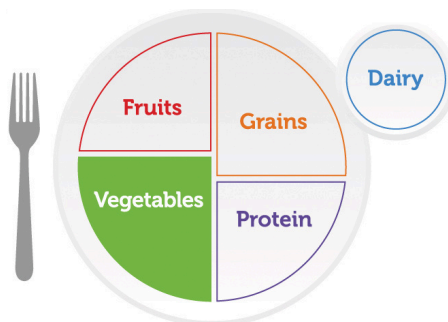
This resource was created based on similar MyPlate Food Fact Cards developed by the USDA, which can be accessed at https://www.myplate.gov/resources/print-materials?f%5B0%5D=resource_type%3A1177. This project was funded using U.S. Department of Agriculture grant funds. This institution is an equal opportunity provider.



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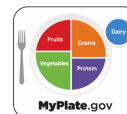
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RABBIT MAZE

Can you help the rabbit find the carrots?



RABBIT MAZE

Can you help the rabbit find the carrots?

