

Carrots



The **carrot** is a root vegetable, when first cultivated, were grown for their aromatic leaves and seeds rather than their roots. European settlers introduced the carrot to Colonial America in the 17th century. Carrots are usually orange in color, though purple, black, red, white, and yellow varieties exist.

Health benefits of carrots

- Rich in anti-oxidants, vitamins and dietary fiber, they provide only 41 calories per 100 g.
- They are exceptionally rich source of carotenes and vitamin-A
- Fresh roots are also good in vitamin C; helps the body maintain healthy connective tissue, teeth and gum.
- In addition, they are especially rich in many B-complex groups of vitamins such as folic acid, vitamin B-6 (pyridoxine), thiamin, pantothenic acid, etc., that acts as co-factors to enzymes during substrate metabolism in the body.
- Further, They also compose healthy levels of minerals like copper, calcium, potassium, manganese and phosphorus.