

# Carrots

Carrots are grown in all 50 states; however, California Michigan and Texas are the top producers in the United States.

Carrots are:

- ◇ A good source of Vitamin C, Folate and Fiber, Potassium and Thiamin

**Vitamin C**—an essential nutrient and antioxidant that helps us fight infections and heal wounds.

**Fiber** – fights diseases like colon cancer and helps with constipation

**Folate - (Vitamin B9).** One of the B vitamins, folate is important for normal tissue growth and cell function.

**Potassium** - an essential mineral that helps us prevent heart disease

**Thiamin (Vitamin B1)** - breaks down sugar and helps our nerves function properly

