

SNACKBite



Carrot

- 94% of American carrot production is grown in seven states: California, Texas, Washington, Michigan, Florida, Colorado and Wisconsin.
- Although orange is the most common color, carrots can be red, yellow, white, green, black and purple
- Carrots are a root vegetable and grow from the soil downward into the ground.
- Carrots were first cultivated in the Middle East, near Afghanistan, close to 5,000 years ago.
- Americans on average eat more than 10 lbs. of carrots per person each year.
- They are rich in beta-carotene which plays a significant role in building immunity to help your body resist illness and infection.
- Beta-carotene is converted into vitamin A in the body, which is necessary for enabling night vision. Vitamin A will also keep your skin and hair healthy.



Be sure to visit the Fresh Fruit & Vegetable Program page under West Fargo Public Schools Food Service tab for program information and activities.

This institution is an equal opportunity provider.