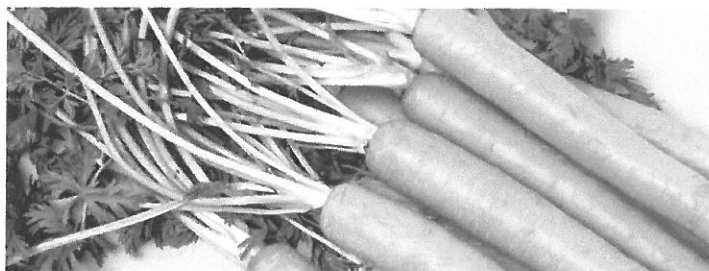


NUTRITION AND YOU...CARROTS



FOOD FOR THOUGHT

Carrots are not always orange. They can be purple, white, red or yellow. Carrots were the first vegetable to be canned commercially. Select well-shaped, smooth, firm, crisp carrots with deep color and fresh, green tops. Keep baby carrots dry when storing. Moisture allows bacteria to multiply. They make a wonderful snack when eaten raw and also a tasty addition to a variety of cooked dishes such as soups, stews, salads and stir-fries.

SHOP SMART

In Ohio, carrots are available July through October. Carrots can be purchased year round from your local grocery store.

EAT HEALTHY

Carrots are:

- Good source of Vitamin A
- Good source of dietary fiber
- Low in calories
- Fat free
- Cholesterol free
- Low in sodium

Note: 12 baby carrots or 2 medium carrots provides 1 cup of you daily vegetable requirement.

KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food.
- Wash carrots under running water before eating or cutting them. Keep foods that will be eaten raw (like carrots) separate from raw meat, poultry or seafood.
- Cut away damaged or bruised areas. Discard carrots that look rotten.

You Pay For the Convenience!

By Patti Koester, Program Assistant

Next time you reach for the packaged bags of those cute little baby carrots (they really aren't baby carrots at all, but mature carrots that are shaped into little baby size), compare the price to packaged whole carrots. Unless the "baby" carrots are on sale, you will find that whole carrots will cost just about half as much per ounce or pound. Food for thought!



RECIPE

Carrots with Tomatoes and Macaroni

Serving Size: 1/4 of recipe

Yield: 4 servings

Ingredients:

- 1 Tablespoon olive oil
- 1 small chopped onion
- 4 chopped plum tomatoes from a can
- 1/2 cup tomato juice from a can
- 6 large peeled and sliced carrots
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon sugar
- 2 Tablespoons chopped fresh parsley or 1 teaspoon dried parsley
- 1 teaspoon butter
- 1 cup elbow macaroni, cooked

Instructions:

1. In a saucepan, cook the onion in the oil until soft but not brown. Add the tomatoes, tomato juice, carrots, salt, pepper and sugar.
2. Cover and cook over low heat for 5 minutes. Remove the cover and cook over low heat, stirring often, for another 5 minutes, or until the carrots are tender and the tomatoes are cooked down to a sauce.
3. Stir in the parsley. Mix the butter with the cooked elbow macaroni. Stir in the carrot mixture and serve.

Cost:

Per Recipe: \$ 2.01
Per Serving: \$ 0.50

FOCUS ON FITNESS

Exercise builds self-esteem. It also helps reduce stress, depression and anxiety for both parents and children.

- Walk the dog—don't just watch the dog walk.
- Clean the house or wash the car.
- Walk, skate, or cycle more, and drive less.

Get Up and Get Moving!

REFERENCES

- The Recipe Finder. SNAP-Ed Connection <http://recipefinder.nal.usda.gov/>
- United States Department of Agriculture, My Pyramid. <http://www.mypyramid.gov>

REMEMBER:

Plan meals ahead of time.



Community Nutrition Programs FAMILY AND CONSUMER SCIENCES

This newsletter was adapted from the OSU Extension Food for Thought fact sheet series. Team members: Maurus Brown, Small Fruit Specialist, Kathy Jelley, Extension Educator, FCS; Sheila Maggard, Extension Educator, FCS, Monadine Matthey, Extension Educator, FCS; Lucinda Miller, Extension Specialist, 4-H Youth Development; Cindy Oliveri, Team Leader, Extension Specialist, FCS and Treva Williams, Extension Educator, FCS; compiled by: Ana Claudia Zubieta,

Program Director, FNP; Sylvia Altenburger, Program Specialist, FNP; Donna Brown, Program Manager, FCS; Kathy Dodrill, Extension Educator, FCS; and Beth Gaydos, Extension Educator, FCS; edited by: Julie Shertzer, Program Specialist, Human Nutrition; Janet Buffer, Research Associate, Human Nutrition; reviewed by Kara Bentke, Ohio Department of Job and Family Services.

This material was funded by USDA-Food & Nutrition Service's Supplemental Nutrition Assistance Program (SNAP), Ohio Food Assistance Program Grant/Contract ODJFS Grant Agreement G-1011-17-0482, October 1, 2009-June 30, 2010.

Ohio State University Extension embraces human diversity and is committed to ensuring that all research and related educational programs are available to clientele on a nondiscriminatory basis without regard to race, color, religion, sex, age, national origin, sexual orientation, gender identity or expression, disability, or veteran status. This statement is in accordance with United States Civil Rights Laws and the USDA.
Keith L. Smith, Ph.D., Associate Vice President for Agricultural Administration and Director, Ohio State University Extension
TDD No. 800-589-8292 (Ohio only) or 614-292-1868