



# Carrots



## Eating Carrots...

- Helps with “night vision”
- Protects eyes from damage during aging
- Promotes healthy bones and skin

## Serving Ideas...

Add diced or shredded carrots to:

- Pasta salads
- Soups, stews & sauces
- Rice & couscous
- Tuna salad
- Wraps & quesadillas

