

Pick a better snack™



TEAM NUTRITION 

Pick a better snack -- Carrots. Wash. Eat. How easy is that?

Nature shows its beauty in the fall with the leaves turning brilliant colors. Did you know that carrots used to come in every color but orange, including yellow, red, black, white and mostly purple? We have the Dutch to thank for developing today's bright orange carrot that gives us carotene to help our vision. Carrots are packed with vitamin A, and they're also free of fat, saturated fat and cholesterol. Plus, they're low in calories and sodium.

Picking out good carrots is easy – look for carrots that are firm, smooth, evenly shaped and have a bright orange color. Leave the flabby, crooked and cracked carrots behind. When you get them home, snap off the greens (if they have any), rinse and scrub each carrot with cold water – peeling is optional – and pop them in your refrigerator. You can even buy baby carrots already packaged in snack sizes. They'll be ready to go when you are!



Take carrots with you!

- It's World Space Week! Snack on carrots as you take a night stroll to admire the stars.
- Kids (and adults) love carrot and celery sticks dipped in peanut butter. Take a break from raking leaves in the yard and enjoy them as a snack.
- Take a bag of baby carrots along with you to your next football game tailgate party. Ask the concession stand to start offering them for sale if they're not already doing that.



Quick Nibble:

When the carrot was first introduced in France in the Middle Ages, people ignored the edible root and grew it for its feathery leaves that were used to decorate hairstyles, hats and other female apparel items. – *The Carrot Cookbook*

For more nutrition information, contact your local Extension Office. Click here www.oznet.ksu.edu/fnp/Staff/FNP_Counties.html

Funding provided by Food Assistance Program. Pick a **better** snack campaign developed by the Iowa Nutrition Network and Iowa Team Nutrition.

