



Each color in rainbow carrots has special substances that give it its color and unique nutritional content. Orange carrots help eyes see in dim light, yellow strengthens eye health, red carrots help prevent heart disease, white carrots help fight other disease, and purple carrots help lower inflammation.

## Word Search!

N S Y N G C H S M R I D  
 E V L P O O E R M N S D  
 P C D Y B I O N I I B F  
 A P A L W F T M T E L U  
 H E N R I L U N C H E S  
 S E A N R M X B E P J R  
 S L U S A O V G L V H R  
 I E D R M H T R K Y N H  
 M D K E G N A R O B J I  
 X E M Z S S L A W A X P  
 T N R S K N P H Z B H C  
 X F U H D D K Q X V K O

Baby, carrot, invention, lunches, market, mini, misshapen, orange, peeled, slaw, slims, uniform

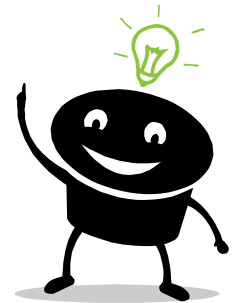
Nutrition Facts	
Serving Size 5 carrots	
Amount Per Serving	
Calories 35	
	% Daily Values*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4g	
<b>Protein</b> 1g	<b>2%</b>
Vitamin A 230%	Vitamin C 10%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories    2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2400mg    2400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

## Veggie of the Day..

### Baby Rainbow Carrots!



Baby rainbow carrots are small baby carrots that come in a spectrum of colors. They include white, yellow, orange, red and purple. They have the same flavor as regular baby carrots and can be substituted in any recipe calling for baby carrots. They can be eaten raw, steamed and cooked, or even used on salads.



### Cole Slaw Salad

**Ingredients:** • 2 cups shredded rainbow carrots • 1 shredded/peeled and cored Granny Smith apple • 2 tbsp toasted sesame seeds • 1 tbsp white sugar • ¼ cup fresh lemon juice • 2 tbsp apple cider vinegar

Mix the carrots, apple, and sesame seeds in one bowl. In a separate bowl, mix the sugar, lemon juice, and apple cider vinegar. Slowly pour the liquid mix into the carrot mix and stir, coating thoroughly. Serve immediately or chill a few hours in the refrigerator to marinate.

### Did You Know

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Rhodopsin, a substance that orange carrots help the body form, helps eyes see in dim light.