

Pick a **better snack**[™] – THE COLOR WAY

CARROTS

Wash. Scrub. Eat. How easy is that?



Finding carrots to purchase is rarely a problem. In the produce section of your local store you may find carrots: fresh with tops; fresh whole carrots in bags, bagged baby carrots (whole carrots cut into sections and rounded), bagged carrot chips, bagged shredded carrots. In the freezer section you will find crinkle cut carrot slices, baby carrots, and diced carrots combined with other vegetables. Carrots are also available canned.

When selecting whole, fresh carrots avoid those with large shoulders (top) in relation to the rest of the carrot, as they may be less sweet. If the shoulder is green, trim it before eating. Mature carrots are often sweeter than younger ones.

Although many of us prefer the crunch of raw carrots, cooking carrots makes them more digestible and appears to increase the amount of vitamin A available for use in the body.

MARINATED CARROTS

5 cups sliced carrots cooked

1 onion, sliced

1 green pepper, chopped

1 can reduced sodium tomato soup

1/3 cup vegetable oil

3/4 cup vinegar

1 cup sugar

1 teaspoon salt

1 teaspoon dry mustard

1 teaspoon Worcestershire sauce

Cook carrots 5 minutes; drain and cool. Add remaining ingredients and marinate 24 hours. Serve cold.

CARROT JACK O LANTERNS

Spread a round cracker, or mini bagel with cream cheese. Top with shredded carrot. Make a face using celery, apple pieces or raisins.

Including **YELLOW/ORANGE** fruits and vegetables in your low-fat diet helps maintain:

- A healthy heart
- Vision health
- A healthy immune system
- A lower risk of some cancers

Pick a **better snack**[™] was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site www.idph.state.ia.us/pickabettersonack or Iowa State University Extension web site www.extension.iastate.edu/food. For more information about *5 A Day the Color Way*[™], visit www.5aday.com.