Selection:

Choose carrots that are smooth, firm, and have a deep color with fresh, green tops. Avoid soft, wilted, or split carrots.

Storage:

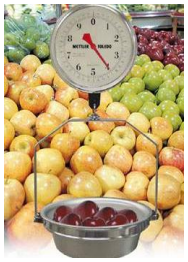
Remove green tops, and store unwashed in a plastic bag in refrigerator for up to 2 weeks.

Refrigerator: 2 weeks

Use:

Rinse thoroughly before preparing, removing all dirt. Carrots may be peeled or not. Cut carrot sticks can be kept in plastic bags in the refrigerator. Carrots can be eaten raw or steamed, boiled, roasted, or microwaved.

Digital Scale:
The number on the screen = Total Weight



Hanging Scale:
The number the arrow is pointing to = Total Weight

Buying:

Carrots can be sold in pre-weighed and priced packages or per pound. If sold per pound, weigh produce to find out exactly how much it will cost. Place the amount of carrots you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Carrots

Use this table to find the total cost.
Example: What is the total cost for 2 lbs of carrots at $0.99 per lb? **2 lbs x $0.99 = $1.98**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
$ 0.49	$0.49	$0.74	$0.98	$1.23	$1.47	$1.72
$ 0.59	$0.59	$0.89	$1.18	$1.48	$1.77	$2.07
$ 0.69	$0.69	$1.04	$1.38	$1.73	$2.07	$2.42
$ 0.79	$0.79	$1.19	$1.58	$1.98	$2.37	$2.77
$ 0.89	$0.89	$1.34	$1.78	$2.23	$2.67	$3.12
$ 0.99	$0.99	$1.49	$1.98	$2.48	$2.97	$3.47
$ 1.09	$1.09	$1.64	$2.18	$2.73	$3.27	$3.82
$ 1.19	$1.19	$1.79	$2.38	$2.98	$3.57	$4.17
$ 1.29	$1.29	$1.94	$2.58	$3.23	$3.87	$4.52
$ 1.39	$1.39	$2.09	$2.78	$3.48	$4.17	$4.87
$ 1.49	$1.49	$2.24	$2.98	$3.73	$4.47	$5.22
$ 1.59	$1.59	$2.39	$3.18	$3.98	$4.77	$5.57
$ 1.69	$1.69	$2.54	$3.38	$4.23	$5.07	$5.92
$ 1.79	$1.79	$2.69	$3.58	$4.48	$5.37	$6.27
$ 1.89	$1.89	$2.84	$3.78	$4.73	$5.67	$6.62
$ 1.99	$1.99	$2.99	$3.98	$4.98	$5.97	$6.97

Know how. Know now.

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Nutrition:

7” long Carrot

Nutrition Facts	
Serving Size 7" long, 1¼" diam. (78g)	
Amount Per Serving	
Calories 30	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 1g	
Vitamin A 110%	Vitamin C 10%
Calcium 2%	Iron 2%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for a 7” long carrot. All carrots are not the same size, but you can use this to estimate the nutrition content for smaller or larger carrots.

Recipe:

Sweet and Sour Carrots

Preparation Time: 45 minutes
Serves 4
Cups of Vegetables per Serving: ½

Ingredients:

1 lb medium carrots
1½ teaspoons olive oil
¼ teaspoon salt
⅛ teaspoon pepper
1 tablespoon balsamic vinaigrette
1½ teaspoons sugar

Preparation:

1.) Preheat oven to 400°F.
2.) Scrub carrots under running water. Half each carrot crosswise, cut into quarters lengthwise.
3.) Place carrots in a pan and drizzle with oil. Season with salt and pepper. Toss to coat.
4.) Roast 25 minutes.
5.) Combine vinaigrette and sugar in a small bowl. Add to carrots and stir to coat.
6.) Roast 8-10 minutes more, until carrots are soft and sugar has dissolved.

Nutrition Information per Serving:
Calories 70, Total Fat 2 g, Saturated Fat 0.3 g, Cholesterol 0 mg, Sodium 225 mg, Carbohydrates 13 g, Dietary Fiber 3 g, Protein 1 g.

This material was funded in part by USDA’s Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.