



Carrots

Qualified Health Claims

- Vitamin K helps blood clot, and promotes kidney health
- Fiber in carrots help regulate digestive system, helps regulate blood sugar, and helps maintain healthy weight
- Vitamin A improves immune system
- Vitamin A promotes good vision
- Vitamin C promotes a healthy immune system
- Beta carotene in carrots is anti-inflammatory
- Antioxidant helps reduce free radicals, helps fight the growth of tumors

Nutrition Information

- Vitamin A
- Vitamin C
- Vitamin K
- Fiber
- Potassium
- Antioxidants (beta-carotene)

Dig Deeper

Get more information, register, or download resources:

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mtharvestofthemonth.org

Drug Interactions

- Diuretics and NSAIDs (aspirin, ibuprofen) deplete potassium in the body. Carrots are a good source of potassium
- Antacids may interfere with Vitamin A absorption

Chronic- Diet Related Illness

- The potassium in carrots lowers blood pressure levels
- Fiber helps remove excess LDL cholesterol

Resources

<http://www.livestrong.com/article/492507-what-are-the-benefits-of-eating-carrots/>

<http://www.antioxidants.org/beta-carotene>

Nelms, Sucher, Lacey and Roth (2007). *Nutrition Therapy and Pathophysiology 2nd Ed.*

D'Elia et al. (2011). *Potassium intake, stroke, and cardiovascular disease a meta-analysis of prospective studies.*

<https://www.ncbi.nlm.nih.gov/pubmed/21371638>



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: mtharvestofthemonth.org.

Funds were provided in part by a USDA Team Nutrition Training grant, a USDA Farm to School grant, Montana Healthcare Foundation, Northern Pulse Growers Association, Montana Department of Public Health and Human Services, and Montana School Nutrition Association. USDA is an equal opportunity provider and employer. The Montana State University Extension Service is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach. This publication was supported by the Grants or Cooperative Agreements Numbers, 6 U58DP004818-03-01 & 5 U58DP004818-03-00, and funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the DPHHS.