



SAISD CNS Powerful Produce of the Week

CARROTS

FUN FACTS!

Carrots are one of the sweetest vegetables in the world.

Carrots are 87% water.

The worlds longest carrot was over 19 feet long!

POWER UP!

Carrots are a sweet and crunchy snack!

Carrots are also an excellent source of vitamin A.

Vitamin A is very important for your eyes and vision.

TRY THEM ALL!



Nutrition Education presented by your District Dietitian, Alyssa K Garza, RDN

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