

Mayo Clinic Minute

Why carrots should be in your crisper

VIDEO	AUDIO
Graphic: (box) Orange/yellow vegetable	Carrots check a box that government health officials say should be filled every day.
Title: Kate Zeratsky Dietitian Mayo Clinic	“So the recommendation is that we have one serving of an orange or yellow vegetable each day.”
	Dietitian Kate Zeratsky says that’s because root veggies like carrots pack a lot of nutritional punch in each crunch.
	<i>Sound of a person biting into a carrot</i>
Graphic: Beta-carotene Vitamin A Promotes eye health Reduces cancer risk	Carrots contain a compound called beta-carotene that’s converted to vitamin A in your body. Vitamin A promotes eye health, and it reduces your risk for cancer.
Kate Zeratsky	“I think we often think of the vitamin A. However, carrots have a wealth of nutrition.”
Graphic: Fiber Antioxidants	Zeratsky says carrots are an excellent source of soluble fiber. And they’re rich in antioxidants too.
Kate Zeratsky	“Both of which can be beneficial to the heart.”
Graphic: Potassium Vitamin C	The carrot’s potassium aids in controlling blood pressure. And its vitamin C boosts your immune system.
Kate Zeratsky	“I think carrots are a great vegetable just because they are so simple.”
Kate Zeratsky	“You can eat them raw. You can eat them cooked.”
Kate Zeratsky	“And they help assure that we get our one serving of orange or yellow vegetable in each day.”
	For the Mayo Clinic News Network, I’m Jeff Olsen.