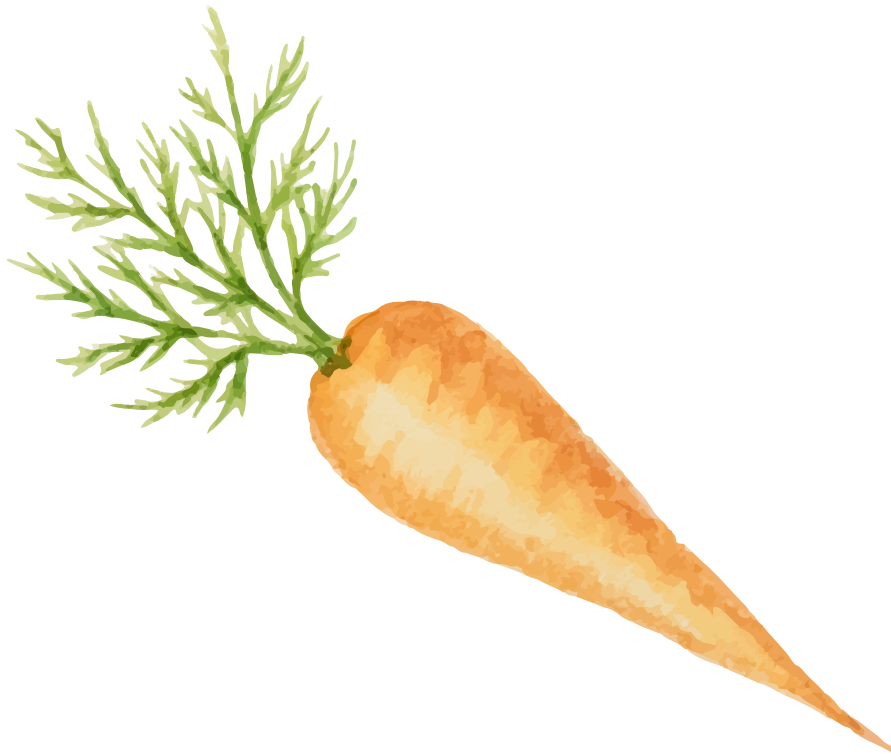


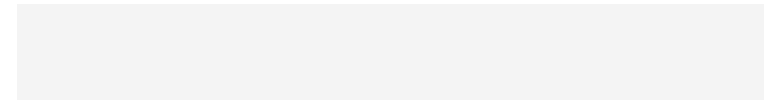


# Carrots



Sweet and crunchy, carrots contain beta-carotene, an antioxidant important for healthy vision.

Today's carrots are from:



## Did you know?

Carrots come in a variety of colors—orange, purple, yellow, red, and white. Different colors offer different nutritional benefits.

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