

## Why should I eat carrots?

The carrot question...to eat or not to eat.

Why should I?

For one, carrots are crunchy, sweet, and satisfying. Slice and steam them, sauté them and grate them into a delicious, chilled salad.

Or chop them into sticks and roast them in the oven with ginger, garlic, and a drizzle of extra virgin olive oil (yum), or pair them with frequent friends, celery, and onion, into a mirepoix base for soups and stews.

Now you're talking!

And not to go too holistic on you, but there are those who swear by the healing power of juicing carrots.

Carrots have a lot to offer! Check out this short list of benefits:

- Carrots are good for eye health as they are rich in vitamin A, which also amazingly softens your skin and hair.
- Your digestion benefits from eating carrots, as they are high in natural fiber.
- The antioxidant effect of dietary carotenoids — yellow, orange, and red organic pigments present in carrots may reduce the risk of several types of cancer.
- Carrots promote healthy blood sugar. Even though they are naturally sweet, their high fiber content balances the sweetness, and they are a low glycemic index food.
- The fiber and potassium in carrots help maintain normal blood pressure.
- The vitamin c in carrots contributes to collagen production, which assists with healing and rebuilding of connective tissue.

Wow! Now you've said a mouthful! Maybe it's time to reconsider carrots after all!