

Carrots are one of the easiest winter vegetables to eat at dinnertime, as they are sweet, tasty and have a great texture — [especially when roasted](#). They have a nice crunch when raw and a tender, creamy bite when cooked. But carrots have a whole lot more than flavor to offer us.



Carrots Nutrition

Here you will find the nutritional information for one medium-sized carrot, per the USDA:

- Calories: 25
- Total Fat: 0g
- Cholesterol: 0mg
- Sodium: 42mg
- Total Carbs: 6g
- Dietary Fiber: 2g
- Total Sugars: 3g
- Protein: 0.6g
- Vitamin A (RAE): 509µg
- Vitamin C: 3.6mg
- Calcium: 20mg

1. Eye Health

Eye health is probably the most widely known nutritional benefit of carrots, but it shouldn't be overlooked. This orange vegetable gets its color partly from beta-carotene, which is in the carotenoid family of antioxidants. Beta-carotene has been shown to assist in preventing age-related eye diseases, such as macular degeneration.

2. Immunity

Beta-carotene also helps produce vitamin A in the body, which is vital for boosting your body's defense system, especially during winter. Now we know why carrots are such an essential ingredient in everyone's go-to sick meal — [chicken noodle soup](#).

3. Heart Health

A 2022 review in the [International Journal of Innovative Research in Engineering & Management](#) shows carrots may protect against hypertension and cardiovascular disease — and could even help lower cholesterol.

4. Skin Health

Whether you're looking for that fresh glow or just wanting a scrape to heal quickly, carrots can help. Carotenoids such as retinol, biotin and lycopene are skin warriors and are all hidden inside the humble carrot, so keep munching your way to healthier, softer skin.

5. Inflammation

Nutrients like vitamin A and beta-carotene are found in carrots and even fiber which helps prevent chronic disease. A medium-sized carrot will get you about 10% of your daily fiber recommendation. Pretty impressive!

6. Brain Health

Carrots not only help boost your memory but they can also help prevent cognitive decline.

Between boosting your eye, brain and skin health, carrots might just be the new and amazing fountain of youth.

The Bottom Line

No food is a miracle cure and devouring a bushel of carrots every day is not a guaranteed fix for aging skin and declining eyesight, but carrots can certainly help. Eat according to the colors of the rainbow, and try to incorporate some carrots into your daily diet to get a delicious nutrient boost.

Sincerely,

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Sources:

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