

# RAINBOW



# CARROTS

Did you know that carrots were originally not the color orange? Carrots were actually purple. In fact, purple and yellow carrots were actually grown as many as 1,000 years ago in Asia and Western Europe. Orange carrots have only been around for about 200 years. Carrots are now regularly grown in the colors purple, red, yellow, and white, in addition to orange.

As most of us know orange carrots are great source of Vitamin A (beta carotene), but the other colors of carrots have different nutritional values. Red carrots get their color mainly from lycopene, which is a type of carotene believe to guard against heart disease and some cancers. Yellow carrots have xanthophylls, which is similar to beta carotene and supports good eye health. Purple carrots contain anthocyanins, which is a powerful antioxidant. Lastly, white carrots actually lack pigment, but still contain phytochemicals. Regardless of their color all of these carrots taste pretty much the same as the orange carrot.