

Get answers to your nutrition questions
from a place you can trust

EatRight Ontario

Ask us for:

- ✓ Budget-friendly menus and recipe ideas
- ✓ Tips for grocery shopping and planning healthy meals
- ✓ Healthy eating advice for you and your family

Talk to a Registered Dietitian for FREE



Call **1-877-510-510-2** Visit **www.eatrightontario.ca**

ALL ABOUT CARROTS

Whether they are raw or cooked, carrots add a splash of colour and sweetness to any dish!

Here are 3 easy ways to enjoy carrots:

1. Grate carrots and combine with grated cabbage for coleslaw or toss with raisins or diced apple for a sweet-tasting salad.
2. Carrots are perfect for dipping. Dip carrot sticks in salsa, hummus (chickpea spread) or low fat salad dressing.
3. Roast carrots for a tasty side dish. Slice carrots into sticks, toss with a small amount of oil and spread on a baking sheet. Bake at 325°F (160°C) degrees until a fork can easily pierce the carrots, about 30 to 40 minutes.

Healthy eating spotlight:

Carrots provide the antioxidant, beta-carotene. Antioxidants can help keep your cells healthy and reduce the risk of some diseases. Try to include a bright orange vegetable every day!



Find more budget-friendly recipes and factsheets at **www.eatrightontario.ca/en/budget**
or call **1-877-510-510-2**