



# DISCOVERY DAYS!

## Rainbow Carrots

### Every color is different

- Purple carrots can slow the signs of aging by providing a powerful antioxidant.
- Red carrots contain the same antioxidant as tomatoes which helps prevent cancer.
- Yellow carrots contain Lutene, which fights macular degeneration.
- Orange carrots have a phytonutrient that helps prevent colon cancer.
- All carrots are a good source of vitamin C almost 20% of your daily needs.
- Multi-colored carrots will give you 20% of your daily needs of vitamin K, which helps to strengthen your bones.
- Carrots have 395mg of potassium per cup. This helps reduce blood pressure and assure good fluid balance in your tissues.

**TRY SOMETHING NEW!**

**November 14**

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