

# Carrot Nutrition Facts



One medium-sized carrot (61g) contains 25 calories, 6 grams of carbohydrates, 1.5 grams of fiber, 0.5 grams of protein, 0 grams of fat, and 42mg of sodium. Carrots are an excellent source of vitamin K, fiber, and vitamin A.

- Calories: 25
- Fat: 0g
- Carbohydrate: 6g
- Fiber: 1.5g
- Sodium: 42mg
- Protein: 0.5g

# Carrot Health Benefits

## Supports Heart Health

Carrots contain several phytochemicals that help reduce the risk of heart disease. The fiber in carrots assists in keeping cholesterol levels down.

## Protects Eyesight

Carrots are an excellent source of vitamin A, which helps prevent age-related macular degeneration, a common cause of vision loss. Eating carrots regularly is a good way to protect your eyes against the effects of aging and environmental damage.

## Improves Dental Health

Carrots contain beta-carotene, which has been shown to protect against dental issues.

## May Reduce the Risk of Cancer

The vitamin A in carrots protects DNA from oxidative damage that can lead to cancer. Purple carrots have specifically been shown to protect colon cells against oxidative DNA damage.