



Newsletter #19



INTRODUCING A NEW LINE OF NFC JUICE AND CARROT PUREE

When you think about vegetables, many options may come to mind before carrot, but we want to tell you why it should become one of your top picks.

On top of being refreshing, carrots also have about a third less calories per serving than the average fruit. It also contains approximately half the amount of sugar per serving than the average fruit.

Carrots are packed with vitamin A. One cup of carrot juice provides more than 100% of the recommended daily intake. Studies have shown that consuming enough vitamin A strengthens the immune system, protects eyesight, supports bone health, among other benefits. The main vitamin A precursor found in carrot is Beta carotene.

Beta carotene is an antioxidant, this means it helps reduce and prevent stress related deterioration of the body and its systems. Some of the benefits that have been associated with consuming beta carotene and other antioxidants are:

- Protective effects against certain types of cancers, such as breast, lung, and pancreatic cancer.
- Less probability of developing heart disease.

- Protective effects against Alzheimer's disease and other cognitive disorders.
- Improvement on skin health (protective effect against acne).

Carrots are also rich in vitamin C. Drinking one cup of carrot juice provides a third of the daily recommended intake. Vitamin C is also an antioxidant, which helps the body fight off the deteriorating effects of body stressors.

Aside from being an antioxidant, our bodies need vitamin C to develop and repair body tissues, and also mediate in processes such as appropriate iron absorption and collagen formation. Also, we can't forget to mention vitamin C's most popular and well known effect, aiding in the proper functioning of the immune system. More recent studies have also found that people with higher vitamin C blood concentrations have less wrinkles and effects of skin aging.





Potassium is also found in high quantities in carrots. One cup of carrot juice yields 25% of the daily recommended intake. One of potassium's best known benefits is helping reduce blood pressure. High blood pressure has been related to cardiovascular events such as infarctions and strokes. Potassium may also play a part in osteoporosis prevention, by reducing the amount of calcium that is lost through urine. It also helps reduce water retention by increasing urine production and reducing sodium levels.

Studies have also found that regularly consuming carrots can help with sperm motility, as well as helping balance progesterone, estrogen and cortisol levels.

Carrots are not only tasty and refreshing, but due to its high nutrient concentrations it is also a very healthy choice when it comes to juices and purees. Regularly consuming carrot may help protect against certain types of cancers, cognitive disorders and heart disease. It may also help improve skin health and appearance, promote hormone balance and benefit reproductive health.

Compared to other vegetables and fruits, carrots are a more conscious choice in terms of calories and sugar, so next time you want to enjoy a glass of juice or a puree, make this your pick!



Carrot Juice Nutrition Facts

| Quantity per serving | 190 ml | 100 ml |
|------------------------------------|---------|---------|
| Energetic value (Kcal/100 ml) | 27 kcal | 14 kcal |
| Energy value of fats (Kcal/100 ml) | 0 kcal | 0 kcal |
| Total Fat (%) | 0 g | 0 g |
| -Saturated Fat (%) | 0 g | 0 g |
| Total Carbohydrate (%) | 8 g | 4 g |
| -Sugars (%) | 8 g | 4 g |
| Protein (%) | 0 g | 0 g |
| Dietary Fiber (%) | 0 g | 0 g |
| Salt (mg/100 ml) | 0 mg | 0 mg |
| Vitamin C (mg/100 ml) | 3 g | 2 g |
| Minerals | | |
| -Calcium (mg/100 ml) | 0 mg | 0 mg |
| -Iron (mg/100 ml) | 0 mg | 0 mg |
| -Potassium (mg/100 ml) | 460 mg | 241 mg |



Carrot Puree Nutrition Facts

| Serving Size | 100 g | | |
|---------------------------|----------------|-----------------|---------------|
| Amount Per Serving | | | |
| Calories | 14 kcal | | |
| | 100 g | % Daily Value * | Diet 2000 cal |
| Total Fat | 0 g | 0% | 65 g |
| Saturated Fat | 0 g | 0% | 20 g |
| Cholesterol | 0 g | 0% | 300 g |
| Sodium | 0 mg | 0% | 2400 mg |
| Potassium | 2414 mg | 69% | 3500 mg |
| Total Carbohydrate | 4g | 1% | 300 g |
| Dietary Fiber | 0 g | 0% | 25 g |
| Sugars | 4 g | | |
| Protein | 0 g | 0% | 50 g |
| *Vitamin C | 15 mg | 25% | 60 mg |
| *Calcium (Ca) | 0 mg | 0% | 1000 mg |
| *Iron (Fe) | 3 mg | 17% | 18 mg |

*Percent Daily Values are based in a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Our Certifications:

