



Carrots

A medium-size carrot has 25 calories, 6 grams of carbs, and 2 grams of fiber. The veggie is an excellent source of vitamin A, providing more than 200% of your daily requirement in just one carrot. Carrots are loaded with beta-carotene, a natural chemical that the body changes into vitamin A. The deeper orange the carrot, the more beta-carotene you're getting.