FitKidz
Fitness • Food • Fun
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7 Carrot Juice Benefits
Why You Need to Drink Up This Veggie

This root vegetable is an incredible health booster. The best way of having it is in its raw form to make the most of all the essential nutrients

1 Vitamin A Booster

Vitamin A plays an important role in eyesight. The main symptoms of vitamin A deficiency are vision loss or night blindness, so it is important to consume vitamin A rich foods regularly.

2 Get Your Antioxidant Fix

The antioxidants, help by fighting free radicals in your bodyand also slowing down the process of ageing.

3 Prevents Cancer

Studies reveal that per 100 grams of carrots contain about 33% Vitamin A, 9% vitamin C and 5% vitamin B-6, which help to fight free radicals.

4 Boosts immunity

Carrot juice also contains various vitamins and minerals which contribute to bone health, stronger nervous system and improve brain power.

5 Heart Health

Carrots help keep the heart healthy by removing plaque from the arteries and maintaining blood circulation.

6 For Glowing Skin

The presence of antioxidants/ minerals contribute to preventing cell degradation, keeping skin healthy and young. It protects the skin against dryness, improving skin tone & reducing scars & blemishes.

7 Maintaining Cholesterol and Blood Sugar

It helps in maintaining cholesterol and blood sugar levels. It works to prevent diabetes. It also increases bile secretion, which helps in burning fat thus aiding weight loss. It is often recommended as a pre or post workout food for a nutritional boost.