

Fun Facts

Carrots can turn your skin orange

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- Eating too much beta-carotene rich foods such as carrots can lead to CAROTENEMIA, a condition caused by having too much of the pigment in certain red, orange and yellow fruits and veggies.
- Carotenemia is a condition that occurs when excess beta-carotenes in the blood latch onto areas of the body that have thicker skin, such as the palms, soles, knees, elbows and folds around the nose. It can be more obvious in lighter-skinned people and is typically diagnosed by reviewing diet history and testing the levels in the blood.
- It is usually the result of a restrictive diet or eating large amounts of a specific food.
- Other examples of beta-carotene rich foods are apricots, cantaloupe, mangoes, oranges, pumpkins, squash, sweet potatoes, yams, apples, cabbage, leafy greens, kiwi, asparagus and eggs and cheese.



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