

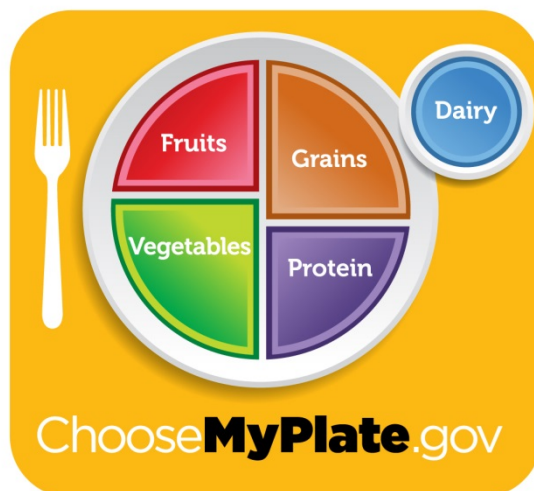
Parsnips



Parsnips are a root vegetable, like a carrot. They are not as sweet as a carrot, but sweeter than a potato. Parsnips can be many colors, but the usual variety is white. Which part of the My Plate would a parsnip belong? A parsnip is a

vegetable, so it belongs on the green part of My Plate and can be eaten raw, roasted, boiled, or mashed up like mashed potato.

Fun Facts: Parsnips that are left in the garden until after a frost are the sweetest. Cold temperatures encourage the plant to store all the sugar into the root for use next year.



Body Benefits: Vitamin C is the most abundant vitamin in parsnips. Parsnips are high in fiber, which helps you feel full and is good for your digestive system.



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