Vitamin A deficiency is rare in the United States (U.S.), but eating carrots contributes to vitamin A intake and helps prevent a deficiency. So, in a way, carrots do help you see in the dark.

**Blood pressure**

A half-cup serving of chopped carrot contains 1.8 grams (g) of fiber and 205 milligrams (mg) of [potassium](https://www.medicalnewstoday.com/articles/287212.php).

### Immune function

Carrots contain vitamin C, an antioxidant. This helps boost the immune system and prevent disease. Vitamin C can [help reduceTrusted Source](https://www.ncbi.nlm.nih.gov/pubmed/19263912) the severity of a cold, and the length of time it lasts