



Texas Scientists Unveil 'Super Carrot'

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FOX NEWS

If you need some extra calcium in your diet, a new genetically-engineered carrot could be exactly what you're looking for.

Researchers in Texas say they've developed a so-called 'super' carrot that helps people absorb more calcium. They hope by adding the vegetable to a normal diet, it could help ward off conditions such as brittle bone disease and osteoporosis.

[Click here to read more about the study.](#)

"If you eat a serving of the modified carrot, you'd absorb 41 percent more calcium than from a regular carrot," said Dr. Jay Morris, a post doctorate researcher at Baylor College of Medicine in Houston and lead writer on the finding, in a news release.

"We believe that if this technology is applied to a large number of different fruits and vegetables, that would have an even greater impact on preventing osteoporosis," he said.

The calcium-rich vegetable still needs to go through several safety trials.

The study is published in the online edition of Proceedings of the National Academy of Sciences.

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