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New carrot can absorb calcium

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Texas researchers said Monday that they've developed a carrot that helps people absorb more calcium.

"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 postdoctorate researcher at Baylor College of Medicine in Houston and lead writer on the finding, published in the online edition of *Proceedings of the National Academy of Sciences*. Baylor and Texas A&M University collaborated on the research.

"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.

For the study, 15 men and 15 women were given two types of carrots. They were fed either the modified carrots, called sCAX1, or regular carrots in the first week. Two weeks later, the subjects switched carrots.

Urine samples collected 24 hours after eating measured the amount of specially marked calcium that was absorbed, Morris said.