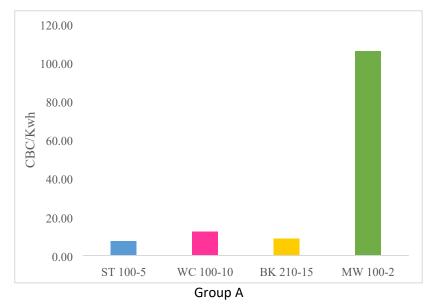
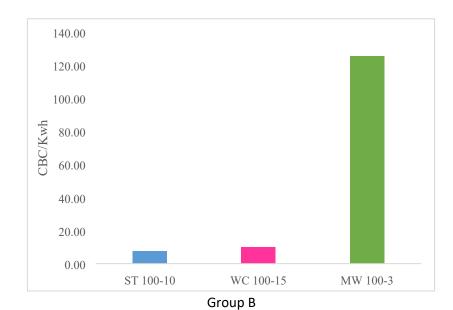
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**Supplementary Figure 1**. Carotenoid bioaccessible content (mg carotenoids/100 g carrot serving) by the energy consumption (Kwh) in equivalent cooking treatment (A and B).





Nomenclature used for cooking process: ST, steaming; WC, water cooking; BK, baking; MW, microwaving