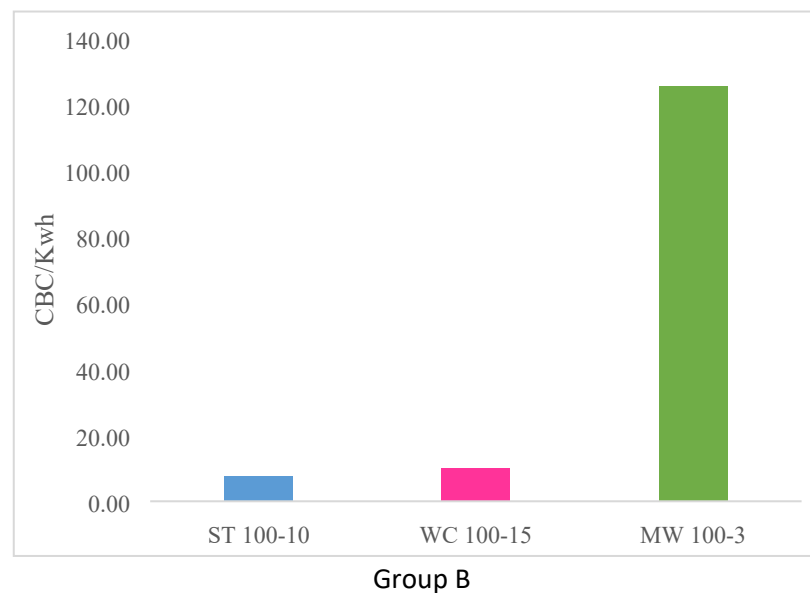
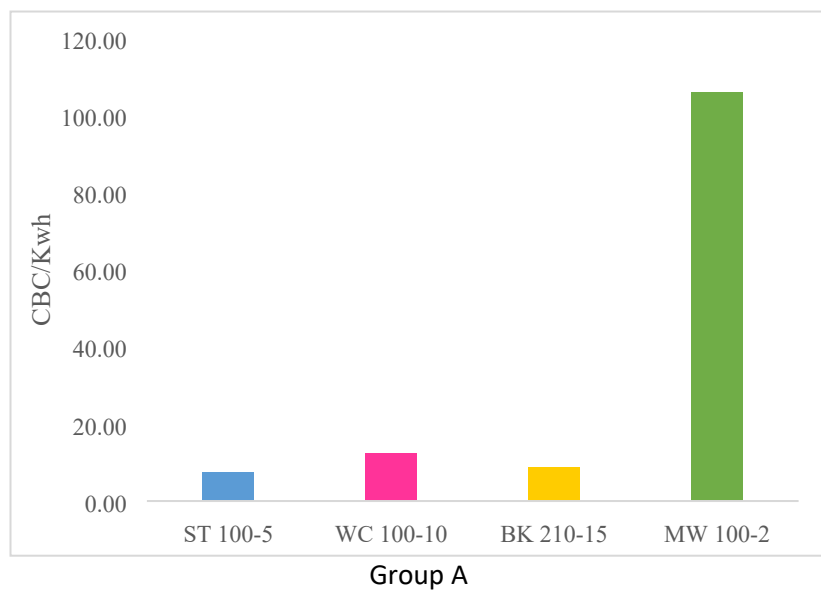


**Supplementary Figure 1.** Carotenoid bioaccessible content (mg carotenoids/100 g carrot serving) by the energy consumption (Kwh) in equivalent cooking treatment (A and B).



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