

The “Carrot Myth”

- 1 According to conventional wisdom, eating lots of carrots will magically enhance your vision! While there is a little bit of truth in this, the “Carrot Myth” was engineered by British Intelligence and popularized and reinforced by the British Ministry of Information – the government department responsible for publicity and propaganda – during WWII.
- 2 During the 1940 Blitzkrieg¹⁾, the Luftwaffe²⁾ often struck and bombarded London under the cover of darkness. In order to make it more difficult for the German planes to hit targets, the British Government issued city-wide blackouts. The Royal Air Force (RAF) were able to repel German fighters in part because of the development of a new secret radar technology. The new on-board radar technology was invented and first used by the RAF in 1939 and had the ability to pinpoint enemy bombers before they reached the English Channel. To protect their secret weapon, British Intelligence invented a propaganda campaign that claimed that British pilots could see in the dark because they ate a lot of carrots!
- 3 There is no denying the fact that carrots, by virtue of their heavy dose of vitamin A (in the form of Beta Carotene) are very good for the health of your eyes; 6 by granting carrots the “superpower” of improving your night vision and give you the power to spot enemy planes in the dark! The truth is that eating carrots does not help you see better in the dark any more than eating blueberries will turn you blue. That said, the carrot campaign of subterfuge helped hide a new technology that was critical to the Battle of Britain, a major campaign fought entirely by air forces and the first defeat of Hitler’s military forces, and to the eventual Allied victory.



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noot 1 Blitzkrieg: Duits voor ‘bliksemoorlog’ en dit verwijst naar de onverwachte aanvallen van Duitsland in de Tweede Wereldoorlog

noot 2 Luftwaffe: veelgebruikte naam voor de Duitse luchtmacht