







Carotenemia is a harmless condition that causes a yellowish-orange discoloration of the skin. It is caused by an excess of carotenoids in the blood, which can be due to a diet high in fruits and vegetables, particularly those with high carotenoid content like carrots, sweet potatoes, and pumpkins. Carotenemia is not a disease and does not require treatment. It is a common condition, especially in children, and is often mistaken for jaundice. The discoloration is most noticeable on the palms of the hands and the soles of the feet.