



ROOTING FOR A HEALTHY HEART

beet

Beets are an excellent source of fiber and potassium, two nutrients important for heart health. As a naturally sweet vegetable, beets can easily be incorporated into most smoothie recipes for an extra boost of nutrition.

DID YOU KNOW?

- Eating cooked beets may boost running performance according to a study published in the Journal of the Academy of Nutrition and Dietetics in 2012.
- The ancient Romans were one of the first civilizations to cultivate beets to use their roots as food.
- The pigments that give beets their rich colors are called betalains.
- Beet juice can be used to test the acidity of a liquid.
- Choose medium-sized or smaller beets for a sweeter-tasting vegetable.
- When handling beets, wearing gloves may be a good idea, because beet juice can stain the skin.
- To prevent wilting, beet greens should be trimmed off 1/2 inch above the root and can be stored in the refrigerator for up to two weeks.
- Beets are an excellent low-calorie substitute for starchy-vegetable-heavy dishes such as mashed potatoes.
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