

Red 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.

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.

Beets are an excellent low-calorie substitute for starchy-vegetable-heavy dishes such as mashed potatoes.

Beets can be eaten raw, baked, steamed, roasted or pickled.

Sources: