



# Beets

## The Health Benefits of Beets

Both the beet root (red) and beet greens are highly nutritious

### Beet Root

- High in antioxidants that protect against cancer
- Healthy nitrates lower blood pressure and improve circulation
- Raw beet roots have a milder flavor than cooked and can be grated into salads for a crisp, citrus flavor

### Beet Greens

- Lower blood pressure and risk for heart disease and stroke
- High in beta carotene which aids vision and skin, and protects against lung and mouth cancers
- Good source of vitamin K to support brain health
- High in vitamins B & C, and minerals calcium, iron & potassium
- Can be eaten raw or lightly sautéed

For more information, visit our website:  
[www.woahcco.com/healthy-bytes-initiative](http://www.woahcco.com/healthy-bytes-initiative)

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