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- Can be eaten raw or lightly sautéed calcium, iron & potassium
- Low in calories, high in vitamins B & C, and minerals Good source of vitamin K to support brain health
- High in beta carotene for healthy vision & skin, fights cancer
- Lower blood pressure and risk for heart disease and stroke

Beet Root

Healthy

**E**ating

**Active** 

- Grate raw in salads for a mild, citrus flavor
- Healthy nitrates lower blood pressure and improve circulation
  - High in antioxidants that protect against cancer
  - The Health Benefits of Beets









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Healthu







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Beets

## The Health Benefits of Beets

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