



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.

WELLNESS TIP

Get the whole family involved. It is easier to encourage your family to get moving when you do it with them. Encourage your family to join you on walks around your neighborhood.

SHOPPING, PREPARING AND STORING



- 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.

COOKING TIPS



- 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.

ROASTED ROOT VEGETABLES

serves 4

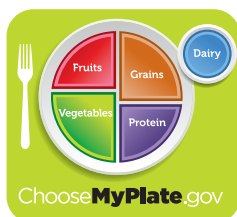
- 4 medium beets, chopped
- 1 medium sweet potato, chopped
- 2 medium carrots, chopped
- 1 medium sweet onion, chopped
- 3 tablespoons olive oil
- 1/2 teaspoon pepper
- 3 tablespoons parmesan cheese



1. Preheat oven to 350 °F.
2. Place vegetables in a medium bowl and pour oil over the top. Add pepper and cheese; mix well.
3. Spread vegetables onto a baking sheet evenly.
4. Bake vegetables in the preheated oven for about 1 hour or until vegetables are tender.

Recipe adapted from What's Cooking? USDA Mixing Bowl, United States Department of Agriculture

Calories: 206; Total Fat: 12 g; Saturated Fat: 2.5 g; Total Carbohydrates: 20 g; Protein: 5 g; Sodium: 201 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

