



RED & GOLD BEETS

History/Nutrition:

Beets are native to the Mediterranean region. They did not become an internationally popular food until French chefs recognized the appeal of roasted beets in the 1800s. Garden beet is very low in calories (provide only 45 kcal/100 g), and contain zero cholesterol and a small amount of fat. Certain unique pigment antioxidants in this root and its top greens have been found to offer protection against coronary artery disease and stroke, lower cholesterol levels within the body, and have anti-aging effects.

Ways to eat Beets:

- Simply slice and enjoy raw.
- Steam or bake them and add them to salad, have them as a side dish, or get creative and grind them up to make hummus or a veggie burger!

Fun Facts:

Raw beets are an excellent source of folates, which are necessary for DNA synthesis within the cells.

In Britain, beets are generally referred to as *beetroot*.

Beets are also known as known botanically as *Beta vulgaris*.

