



Nutritional benefits of eating Beetroot

The parts of a beetroot have different nutritional properties.

Beetroot greens are low in starch and carbohydrate and a good source of vitamins B6 and K, iron, magnesium, potassium, and antioxidants.



The roots have more starch from natural sugars and dietary fibres but have few calories. They also contain lots of vitamins and phytonutrients, including antioxidants often touted for detox support.

Many Nutrients - Few Calories

They are low in calories, yet high in valuable vitamins and minerals. In fact, they contain a bit of almost all the vitamins and minerals that we need as part of our Recommended Daily Intake (RDI) as part of a healthy diet.

Here is an overview of the nutrients found in a 3.5-ounce (100-gram) serving of cooked beetroot :

Calories: 44 / Protein: 1.7 grams / Fat: 0.2 grams

Fibre: 2 grams / Vitamin C: 6% of the RDI/ Folate: 20% of the RDI

Vitamin B6: 3% of the RDI / Magnesium: 6% of the RDI

Potassium: 9% of the RDI /Phosphorous: 4% of the RDI/ Iron: 4% of the RDI

Beets also contain inorganic nitrates and pigments, both of which are plant compounds that have a number of health benefits.



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Help Keep Blood Pressure in Check

Beetroot contains a high concentration of nitrates, which have a blood pressure-lowering effect. This may lead to a reduced risk of heart attacks, heart failure and stroke.

Can Improve athletic/sport Performance

Eating or drinking beetroot may enhance athletic/sporting performance, as it contains nitrates and B vitamins. Helping maximize their effects, beetroot should be consumed 2–3 hours prior to training or competing.

Help Fight Inflammation

Beetroot contains natural dyes called betalains, which may potentially possess a number of anti-inflammatory properties. It is an Anthocyanin, this gives the beetroot its vibrant colour and its therapeutic antioxidant and anti-inflammatory health properties.

Improve Digestive Health

Beetroots are a good source of fibre, which is beneficial for digestive health, as well as reducing the risk of a number of chronic health conditions.

Help Support Brain Health

Beetroots contain nitrates, which may help increase blood flow to the brain, improve cognitive function and possibly reduce the risk of dementia



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Help You Lose Weight

Beetroots have a high water and low calorie content. Both of these properties are beneficial for weight loss.

Delicious and Easy to Include in Your Diet .

Not only are beetroots nutritious, but they are also incredibly delicious and easy to incorporate into your diet.

Beetroot can be juiced, roasted, steamed or pickled. Beetroot products can be purchased from local supermarkets precooked and canned for Convenience (see some items below)

If purchasing fresh, choose beetroot that are heavy for their size with fresh, unwilted green leafy tops still attached.

Beetroot is a delicious and versatile vegetable that is easy to add to your diet.

