

## BEETS



### Excellent source of these nutrients:

- ★ **Betacyanin** - This phytochemical helps protect blood vessels and the liver.
- ★ **Fiber** - Although our bodies cannot digest this type of carbohydrate, it is important for your health. Fiber may help lower cholesterol levels, which promotes heart health, control blood sugar levels, making you feel full longer, which promotes a healthy body weight, and can aid in the prevention of constipation.
- ★ **Folic Acid** - Helps to produce and maintain new cells .This is especially important during periods of growth such as infancy and pregnancy. It is needed to make DNA and RNA, the building blocks of cells, and to make normal red blood cells. It also helps prevent cell changes that may lead to cancer.
- ★ **Manganese** - Manganese is an essential nutrient involved in many chemical processes in the body, including processing of cholesterol, carbohydrates, and protein.

*Make ½ Your Plate Fruits and Vegetables!*

*Fruits and vegetables are naturally cholesterol free and low in salt.*

