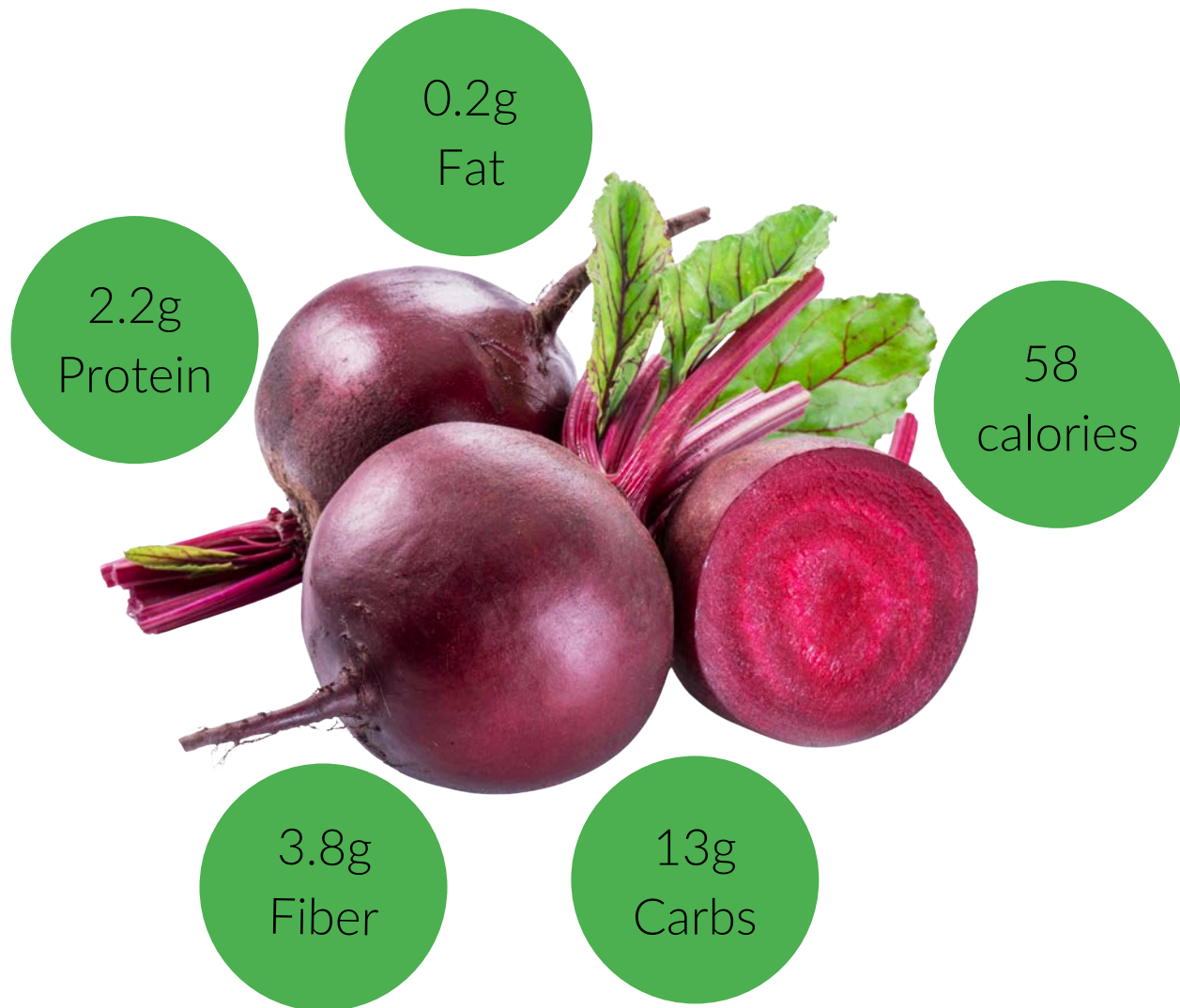


Beet Nutrition Facts



One cup of raw red beetroot (136g) contains 58 calories, 13 grams of carbohydrates, 3.8 grams of fiber, 2.2 grams of protein, 0.2 grams of fat, and 106mg of sodium. Beets are an excellent source of vitamin C, fiber, and potassium.

- Calories: 58
- Fat: 0.2g
- Carbohydrates: 13g
- Fiber: 3.8g
- Sodium: 106mg
- Protein: 2.2g

Beet Health Benefits

Fights Inflammation

Beets contain phytonutrients that give them their reddish-purple color. Phytonutrients provide antioxidants that reduce inflammation in the body and fight cell damage.



Improves Endurance

Beets contain nitrates that turn into nitric acid, a process that may reduce the oxygen cost of exercise and increase cardiorespiratory endurance.



Reduces Blood Pressure

The nitrates in beets have been shown to help lower blood pressure in people with hypertension.



Improves Cognitive Function

The nitrates in beets may help improve blood flow to the brain, which boosts cognitive health and functioning.

