

Beets are whose relative?

You are just not going to believe this!

Beets are part of a botanical family that includes chard, spinach, and quinoa. Yes, these healthy guys are all related!

“You’ve got to be kidding.”

I wouldn’t joke about beets!

They come in several different varieties, but most people are aware of yellow and red beets.

“And...”

And, the *entire* beet plant is edible! Phytonutrients in the plant provide anti-inflammatory and antioxidant properties and have been found to have potential benefits for cardiovascular support and cognitive activities. Beets also support eye health.

“Wow...sound like they are a real superfood!”

They sure are. Beets and beet juice are high in nitrates, which support blood vessel function and healthy blood flow by helping the vessels dilate.

“Anything else?”

Beets help protect against high blood pressure, hardening of the arteries, stomach ulcers, stroke, and mental changes. Beets help blood flow to the brain, which supports healthy brain function. Beets help with athletic performance and recovery.

And these little powerhouses also help the liver function well.

When you start eating beets, begin with a small amount because beets can have a cleansing effect, especially beet juice. The nutritional value of beets is reduced after 15 minutes of cooking, so keep the cooking time short.